ABSTRACT

Background : Aging or getting old is on natural process, this process is to be natural and followed by low physically condition, psychology and social will be interaction one by other. One of low body system is cognitive or intellectual that call is dementia. Objective : To knows the difference cognitive function before or after doing brain gymnastics for older people. Methods : The researcher use study kasus method with MMSE (Mini Mental State Examination) to have done. Respondend give to pre test before to do action three time in a week and closing with post test. Result : pre test MMSE, respondent 1 is 20 and respondent 2 is 18 and post test respondent 1 is 24 and respondent 2 is 21. Conclusion : There are differences cognitive function before and after doing brain gym for post test and pre test such as increase value 3-4 on MMSE.

Keywords : Elderly, cognitive function, Brain gymnastics.