

ABSTRACT

Nursing Care for Elderly People with Fall Risk Cases Through Tai Chi Exercises at the Mulyorejo Community Health Center. Fitriya Yusnia Ananda (2024). Malang Nurse Professional Study Program Nursing Department, Malang Health Polytechnic. Supervisor Imam Subekti, S.Kp., M.Kep., Sp.Kom.

Introduction: *Elderly people are individuals who experience physical changes, these conditions can reduce dynamic balance and increase the risk of falls. The risk of falls due to balance problems in the elderly can be overcome by doing regular physical exercise such as Tai Chi exercises. This case study aims to carry out nursing care for Mrs. S with a case risk of falling through the implementation of Tai Chi exercises in the work area of the Mulyorejo Community Health Center, Malang City.*

Methods: *This case study design focuses on case studies based on the nursing care process including assessment, nursing diagnosis, nursing intervention, nursing implementation, and nursing evaluation. The subjects in this case study are elderly people who experience decreased body function and balance problems.*

Results: *Based on the results of the case study, it was found that the client began to experience changes in the 2nd week of evaluation after 3 Tai Chi exercises, the rate of falls decreased.*

Discussion: *Changes in body function in the elderly will result in a decrease in balance in the elderly which will result in the risk of falls. So it is hoped that health workers can develop therapeutic modalities to increase muscle strength and improve balance in elderly people with a risk of falling through regular physical exercise, one of which is tai chi exercises.*

Keywords: *Elderly, Fall Risk, Tai Chi Exercise*