ABSTRACT

Lansia park are infrastructures that have a lot of positive value in society, for example family gatherings when approaching the weekend by exercising in the morning. The number of elderly people who come in the morning aims to exercise. With the facilities provided by the government, but because of the lack of facilities provided it does not reduce the number of complaints that can be obtained from direct observation. On observations made by the elderly the authors got several complaints about Osteoporosis and Osteoarthritis. Thus, the authors consider several movements that are in accordance with the use so there are no accidents occur in the use of products. The purpose of this design is to minimize Osteoporosis and Osteoarthritis in the elderly so that they can carry out physical activities in the form of light exercise that does not exhaust much energy so that they are still able to carry out other activities. The methods used in this design are qualitative methods in the form of observations, interviews, analytical techniques, related data, and documentation. In addition, the User Centered Design (UCD) method aims to design solutions to user characteristics, anthropometry, applications in products to be designed. The results obtained from observations are designing sports facilities that refer to complaints from the elderly. Based on the complaints that have been obtained, the sports facilities are added by the existence of a system of movements carried out by the elderly when doing light exercise that aims to facilitate the user when operated without having to think carefully.

Keywords: Park, The Elderly, Facility, Sport, System