

Summary (Abstract)

This thesis is called “The importance of activation in seniors in field and outpatient social services” includes the theoretical part as a conceptualization of the empirical part. It describes the activities and services contained in the questionnaire survey.

The results of the survey, by using the questionnaires, confirmed the hypothesis. It can now be said that seniors are using outreach social services, they are more interested in activities more than seniors are using outpatient social services – in particular it is the physical activities of women over 85 years of age.

In conclusion, the greatest interest was in physical activities which support the maintenance of mobility and hence the promotion of self-sufficiency.