

Abstract

The final work deals with the importance of social activation activities for the elderly population. The work is divided into two main parts, theoretical and practical. The theoretical part maps the current state of affairs and describes basic concepts that deal with this issue. It introduces readers to the manifestations of aging, adaptation to a new life stage, and addresses myths that are anchored in today's society. It also focuses on seniors' leisure time, their opportunities and the specific distribution of activation activities. These activities are described in more detail in each chapter. The aim of the research investigation is to determine the importance of social activation activities for the elderly population. The practical part describes the basic activities offered by the House of Nursing in Susice, where a research investigation was conducted with respondents who regularly attend social activation activities for the elderly. The research took the form of a questionnaire survey involving a total of 75 senior citizens. This was followed by an evaluation of the completed questionnaires, which is commented on in more detail in the Discussion chapter.