

## **Abstract**

In my diploma thesis entitled The life of clients of the Home with Special Regime and their activation, I deal with issues related to activation programs for the elderly and their effectiveness. The use of exploratory questions using case studies of clients provides insight into their daily routines and into their leisure time that can be used for activation. The aim of this survey is to seek to expand opportunities to develop current but also future activation. The thesis also looks at the different types of therapies (art therapy, music therapy, drama therapy, etc.) that are suitable for use in a Special Needs Home.

The thesis also focuses on activation workers who should be provided with motivation to work with clients. Due to the covid crisis, I was forced to focus only on the Home with Special Regime, within the CSOP of Prague 15. The practical part is devoted to a survey to determine the quality of the current activation and to focus on improving future activation programs. The results of the survey show that the clients of the Home are satisfied with the current activation, although there are some reservations from the respondents, which, thanks to the survey and the answers from the survey questions, showed that there is room to start addressing these inequalities.