

Abstract

The “Activation of Older People as a Professional Qualification” diploma thesis deals with the activation of older people and with the professionalization and professionalism of activation staff as professional workers. The thesis also focuses on the designing of activation methods as a professional tool that is to be beneficial to any pre-defined objectives of the activation and also successfully finalized.

A key element in the process is the emphasis placed on the professional knowledge of activation, its principles, the possibility of designing the procedures from a holistic point of view, and the subsequent planning of activation collectively, with respect to a team, as well as individually, in a manner that is tailored to the client.

In this thesis, I define the profession of an activation worker as highly professional, requiring an active dialogue between the activation worker as the guarantor of activation and the activated, as a person who needs to achieve predetermined goals through activation.

This work also addresses the demographic development of the population in the Czech Republic (as a factor which confirms the need to professionally elevate this profession). It also defines the health, psychological and social aspects of old age in practice.

However, this thesis focuses in particular on the manual of professional activation, its definition and the intersections among individual scientific disciplines and practices of activation. It outlines the issues addressed in practice, the overlaps of the practices of professional activation, but also many pitfalls of this difficult profession, requiring knowledge of the following scientific disciplines: Psychology, cognitive psychology (an overview of cognitive functions and the methods of their activation and support), therapy and psychotherapy, pedagogy and gerontopedagogy, neurology, sociology, gerontology,

geriatrics, gerontopsychiatry and physiology. As an integral part of professional activation, the thesis also discusses fine motor skills, gross motor skills and basal stimulation.

The thesis is based on the following themes:

Theoretical part: demography, activation in a context, activation planning, an outline of the professional activation manual, practical knowledge of the profession of an activation worker, activation as a community issue and its impact on the social climate of a wider community.

Practical part: research and determination of hypotheses, individual observations, the practices of professional activation and their evaluation, evaluation of hypotheses, a debate.