

ABSTRACT

The diploma thesis deals with the possibilities of supporting the activation of cognitive abilities in the elderly. The work is divided into a theoretical and a practical part. The theoretical part focuses on the definition of the aging process of an individual with an emphasis on changes in cognitive functions and the possibility of supporting their stimulation. In the practical part, the results of qualitative research are presented, in which data collection was carried out through semi-structured interviews with workers and clients of four homes for the elderly and supported by deliberate observation of the activation of cognitive functions. The main goal is to gain an overview of the content and forms of activation activities with a focus on cognitive functions in the selected devices. The goal is also to obtain an overview of the frequency, differentiation and effectiveness of the above-mentioned activation activities in the selected facilities and to create a general recommendation for facility staff with the intention of improving or supplementing the portfolio of provided activities.

KEYWORDS

1. Age and aging, cognitive function, impairment of cognitive functions, development of cognitive functions, Dementia, institutional care