

Abstract

This thesis is focused on the impact of using sandplay/sandtray elements on emotions, mood, expression, and communication of older adults with mental illness, particularly those with various forms of dementia, after being included in their activation program and participation in several sessions. Additionally, the aim is to identify the weaknesses of using sandplay/sandtray elements when working with these individuals. The thesis is divided into two main parts: theoretical and empirical. The theoretical part defines the concepts of older adults, mental illness, dementia, sandplay, and sandtray. The empirical part first describes the process of research implementation, followed by an analysis of the collected data and presentation of the results. The final discussion summarizes the findings from the analysis and puts them in context with the existing literature.

Keywords: older adults, mental illness, dementia, sandplay, sandtray, activation