

Abstract

The topic of the bachelor thesis is activation of seniors in retirement homes. The aim of the thesis is to identify the possibilities of activation in retirement homes in the Czech Republic. The focus is on defining key terms such as old age, ageing and senior, the biological, social and psychological aspects of ageing and demographic developments in the Czech Republic. The thesis is also addressing the topic of social services, specifically retirement homes, the development of social services in a historical context, an analysis of the legislative framework and the current situation in the provision of social services in the Czech Republic. Finally, the focus of the thesis is on the phenomenon of activation of the elderly, possible forms of activation and its importance especially for the elderly living in retirement homes. The qualitative research takes the form of semi-structured interviews with activation workers and clients of selected retirement homes in Říčany. Its aim is to identify the possibilities of activation in these homes and whether there is interest in the offered activation activities. Based on the subjective opinion of the interviewed activation workers, it will be evaluated what impact participation in these activities has on the quality of life experienced in these facilities.

Keywords: Ageing, old age, elderly people, social services, retirement homes, activation