

Abstract

In my thesis, I deal with active ageing as a concept that is reflected in social policies. Active ageing presents activity as a key to satisfaction in older age and directs ageing population towards bigger independence and care about their health. I conducted my research in a chosen cultural and educational senior center in Prague. My main interest was how active ageing as an idea was transformed into social practice and how the activity was emphasized in the senior center and amongst its clients. The success of active ageing relates to culturally specific values as independence, activity, health, and self-realization (Lamb, 2020). Activity became a base for the hierarchization of activities, as well as people. The senior center which deals with the idea of active ageing is a safe space for its clients where activity represents a new social capital. However, this social capital has its limits as the COVID-19 pandemic has revealed.

Keywords: active ageing, activity, social capital, vulnerability, senior center, neoliberalism