

Abstract

The bachelor's thesis deals with fulfilling the needs of the elderly in residential respite services, with a focus on activation activities. The first chapter of the theoretical part of the bachelor's thesis is devoted to the topic of old age and ageing, describing the changes on different levels that are associated with the ageing process. The second chapter turns attention to human needs and motivation, the theories of motivation and needs according to H. Murray, Deci and Ryan are represented here. The thesis pays significant attention to A. Maslow's theory of needs and his pyramid of needs, which is an important link of the entire bachelor's thesis. The chapter ends with a brief description of V. Frankl's theory. The third chapter describes activation activities for the elderly, explaining the concept of free time and lifestyle. The most important content here is the description of selected expressive therapies that are used in activation activities with the elderly. The last fourth chapter of the theoretical part informs about the characteristics and mission of the given social service. The practical part of the bachelor's thesis presents information about the facility where the research was carried out. The course of the survey, which takes the form of a questionnaire survey, is also described. The aim of the survey is to find out whether the clients of respite services are saturated with higher needs according to the diagram of Maslow's pyramid of needs with the help of activation activities. The survey works with five hypotheses that it tries to verify. The empirical part ends with a summary of the survey results.