Abstract

This bachelor thesis focuses on intergenerational co-housing between seniors and students as an innovative approach to fostering social integration, active and healthy ageing, and preventing loneliness. The theoretical part defines the key concepts, summarizes the benefits and limitations of intergenerational programs, and provides an overview of international and Czech models of community co-housing. The practical part presents a case study of an intergenerational co-housing project in Prague 7, based on a qualitative research design using semi-structured interviews with four key stakeholders – a local government representative, a social services worker, a student, and a senior resident. The analysis reveals that this model significantly improves the quality of life of seniors, reduces their social isolation, and enhances students' empathy, social skills, and civic engagement. The final part of the thesis identifies the main factors influencing project success and offers recommendations for the sustainable development of such initiatives in the Czech context.