

The bachelor thesis „The use of creative reminiscence techniques in work with seniors“ is based on the premise that reminiscing is very important not only for personal integrity and identity of the individual but also for the relationships with others. The thesis discusses reminiscence as a focused work with memories of seniors aimed at improving the quality of their life. Various attitudes to reminiscence are described as well as the multitude of its goals. The focus is particularly on the creativity-based reminiscence.

The practical part of the thesis describes a series of creative reminiscence sessions in four families. The purpose of the sessions was to enhance the intergenerational communication and relationships within the families through provoking a common activity. The author evaluates effectiveness of this type of reminiscence work with seniors on the basis of the feedback given by the participants of the sessions.