

Abstract

The work deals with the development of cognitive skills by the method of the Feuerstein Instrumental enrichment for seniors in a residential care. It should clarify whether the Instrumental Enrichment Program is practicable when working with seniors and how it will affect the development of cognitive abilities of these people.

The theoretical part deals with the period of the old age, the cognitive specific of seniors, the contemporary views on the brain functioning, and especially with the Instrumental Enrichment Program. The practical part includes the results of the qualitative research. The main method of data collection was a " dynamic assessment " of the cognitive test and the case studies.

The qualitative results evaluation of the Addenbrooke cognitive test showed the improvement in the solution methods almost in all levels (input , elaboration and output) .

The results of the study showed that the Instrumental Enrichment Program is very suitable for the seniors. Its use is meaningful not only for clients with mild cognitive insult but it is also very effective for the people with more severe degrees of dementia.