

## **ABSTRACT:**

My thesis focuses on the education of adults, with view to peculiarities of their development and with accent to the senior population.

It deals with the impact of physiological changes in the period of interevium and senium, which significantly affect the level of learning and education, and subsequently also self confidence of an individual, activity of their approach towards old age and their perception of well-being.

The author projects to her thesis her own feelings, attitudes, opinions and experiences. She works with mnemonics, which facilitate long-term memory and support healthy activity of an individual. She considers current needs of the senior population and has tried to depict them graphically in the form of a treetop.

A survey in the form of a simple questionnaire was carried out among senior citizens in order to identify their interest in education and their understanding of learning as a prevention of active and healthy life in old age. The survey was participated in by 150 responders, mostly women, from the Center for Social and Nursing Services in Prague 10 and within the activities of the Civic Association Život 90.

### **Key words**

interevium, senium, mnemonics, prevention, educational programs