

This bachelor thesis focuses on the application of dance movement therapy with elderly people with certain limitations. The aim of the thesis is to describe the effects of dance movement therapy on elderly people who suffer from neurodegenerative diseases – Parkinson’s disease and Alzheimer’s disease. The thesis also points to the fact that although the dance movement therapy is a very suitable supplementary method of elderly people care, it does not get much attention in the Czech Republic, compared to other countries where the dance movement therapy is being used quite a lot (USA, United Kingdom). The thesis draws on theoretical findings in professional literature and includes practical information gained by the form of semi-structured interviews with professionals – dance therapists, for many years dedicated to applying dance movement therapy with elderly people. The aim of the interviews was to find out how a therapist works with a client, and what are the specifics and effects of the dance movement therapy on a specific group of elderly people with whom the therapist works.