

This graduate work is about active life style of seniors in rest homes. I work with seniors in the rest home in Bechyně. In solve questions concerning activities of seniors who live here. They are passive and they don't have any stimuli (especially sense stimuli). I used the method of questionnaire to find out something about their hobbies. On the basis of the results of the questionnaire I try to think up new activities and programs for them. There are some programs for them, but I would like to offer more activities they could do together. I realized some of the new programs. At the end I deal with individual work with concrete seniors. I hope that the new activities will be useful and funny for the seniors and that they won't feel social isolation and won't be bored so much.