

## **Annotation**

My Bachelor Thesis deals with the education and therapy of seniors in Prague. I dedicate the first chapter to the basic terms (such as senior, old age, education, therapy etc.). The second chapter focuses on the third age, or early old age, when old people are still independent. The third chapter is about seniors of fourth age, which is the period of real old age. The fourth chapter treats the University of the Third Age. Here I deal mainly with positive influences and barriers which seniors might encounter, when they decide to study. In the fifth chapter I describe selected therapies (Reminiscence Therapy, Art Therapy, Music Therapy, memory training...). In the practical part of my thesis I write about chosen institutions, that is The University of Lifelong Education and the old people's home in 7, Sámkova, Prague. I interviewed a senior who goes to the University of the Third Age. The interview is focused on his motivation to study and on the benefits he got from his studies. Further, I have carried out a therapy focused on reminiscence and memory training in the chosen old people's home. I will describe the course of the therapy, the following reflection and I will also describe the premises where the therapy is carried out.

Key words: senior, third and fourth age, education, the University of the Third Age, therapy, reminiscence, memory training

