Abstract:

This diploma thesis deals with the theme of horticultural therapy in the Czech Republic. The thesis is especially focused on the utilization of this therapy with seniors.

The theoretical part contains chapters dealing with age, needs, and horticultural therapy, which is an effective way of meeting the needs of the elderly. The horticultural therapy is presented from the historical point of view. In addition the state of the horticultural therapy in Czech Republic is described in general. Furthermore this chapter describes the usage of the horticultural therapy abroad. Key features of the horticultural therapy are presented in order to ensure effectiveness of this method. Therapeutic gardens are defined in this part, as well as key differences between horticultural therapy and other generally used therapeutic approaches.

The research is based on semi-structured interviews with relevant persons in the Czech Republic. The interviews were conducted with three groups of people. The first group consists from individuals who are mainly oriented in the theoretical level of horticultural therapy. For example they have an overview of the state of horticultural therapy in the Czech Republic, especially in the realization of horticultural therapy or legislative issues. The second group are those who practice horticultural therapy while working with seniors. And the third group are the seniors themselves, who participate in horticultural therapies, and enrich the work with the view of the user himself.

The result of the qualitative research, which was based on above-mentioned interviews, was to receive answers to inquiries defined in the beginning of the thesis. First of all the current state of horticultural therapy in the Czech Republic and its usage with the elderly. Furthermore there are presented positive impacts of horticultural therapy.