

Abstract

This diploma thesis analyses the offer of activation programs of centres, clubs and centres for social services for seniors in the capital city of Prague. The diploma thesis focuses on issues of activation of seniors. The research of the diploma thesis also aims to find out what the benefits of various activation programs for the elderly, how the seniors are looking at specific activities and how important they are to them. The aim of this diploma thesis is to find out what activities the seniors are most searching for and whether the choice is related to the age, family status, original vocation and education.

The diploma thesis is a case study of empirical character. From the methodological point of view, the thesis uses two basic methods: firstly, the collection and analysis of relevant data from professional literature, and secondly, a qualitative research conducted by semistructured interviews with a representative sample of respondents.