

Abstract

Title: Evaluating the difference of physical activity in older people at home and in institutional care in Chomutov.

Objectives: The aim of this research is to critically analyse and compare movement activity of seniors that live in their home based environment to those living in institutional care. This research will be based on data collected around Chomutov area.

Methods: This research is based on theoretical and empirical character. Research data has been collected by quantitative method using questionnaires. Questionnaires were designed in order to reach senior people from the age of 60 and above living in their home environment and institutional care. Questionnaires were proposed with closed questions mainly, followed with three open-closed questions. The main source of this study were seniors from Chomutov area (male/female) that were randomly chosen to participate in this research. The amount of senior was 100 living in the home based environment and 100 living in the institutional care.

Results: In conclusion, this research has found that seniors living in home environment spend more time outside and they are more active than seniors living at institutional care. Seniors living in insitutional care often do a teambased rather than individual activity and they feel more positive about their activity choices. Concurrently they are very open to find and try new activity opportunities in their local area rather than people living in their environment.

Keywords: seniors, old age, retirement, movement activity, institutional care