

Abstract

This bachelor thesis deals with the activation programs for seniors. The theoretical section is divided into two chapters. In the first chapter, the thesis deals with activation and activation programs in general, after that it presents the types of activation programs and presents specific information about individual types of activities. The second chapter deals with cognitive function training, its specifics in seniors with cognitive disorder, the CSPTMJ is presented here, and then it analyzes the research examining the effectiveness of cognitive function training. In the design section of the research, a quantitative study is being done to examine the effectiveness of two forms of cognitive training, administrated in writing or on a computer. Methods to help verify hypotheses are MMSE and CPQ.