

The main aim of this thesis is to describe activation programmes held in rest homes and try to evaluate them on the basis of interviews with clients of chosen institutions. Using the information given by the clients, I would suggest possible changes in current programmes and try to formulate proposals for new programme creations. The partial aim of the thesis is to find out if there are noticeable differences between activation for clients of public, church and private rest homes, and if possible, to describe what these differences lie in. The empirical part of my thesis is a research made by means of interviews with clients of three different rest homes. On one hand I spoke with clients who regularly participate in activation programmes, on the other hand also with clients who do not participate in them or clients who are limited to participate due to their state of health.