

## **ABSTRACT**

The thesis deals with the issue of education and activation of seniors in residential facilities – homes for the elderly. In the theoretical part it deals with the quality of life of seniors, motivation for further education, intergenerational learning, the topic of aging and old age in the context of demographic, socio-political, health, cultural and legislative aspects. It is the demographic development of society that is a major impetus for change in the field of professional institutional care for the elderly. Specific integrative, counselling, therapeutic and rehabilitation approaches and conceptualisations of these topics are set within the framework of andragogy and gerontagogy. The research focuses on two target groups: on the one hand, the elderly themselves who have completed educational and activation programmes and on the professionals who implement or prepare (methodologically, managerially) these activities and activities. The aim of the thesis is to observe the interdisciplinary importance of education, animation and activation for the development of cognitive abilities of individuals and their quality of life. The research assumption is that active and motivated individuals are more satisfied and do not depend on the help of their environment. Their self-sufficiency is therefore much higher and the risk of social isolation much lower. Another aim of the study was to identify and analyze selected activation methods and techniques implemented in seniors in order to develop and support their cognitive and motor skills. Furthermore, the author of the thesis focused on the characteristics of key areas related to education and activation of seniors in residential facilities, i.e. homes for the elderly.