

## **Abstract**

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**Title:** The effect of an activation program on the self-sufficiency of seniors in a nursing home

**Objectives:** The main objective of the work was to find out whether, after the program, there will be an improvement in self-sufficiency in a group of probands from a nursing home.

**Methods:** The study involved a group of 5 participants from a senior care home, ranging in age from 70 to 90. The group consisted of one male and four female participants. Each participant was engaged in individual exercise lessons focused on the development of fine motor skills, dexterity, and development of sensorimotor functions for 8 weeks (1 lesson per week). The Moberg Pick-Up Test was used to assess the functions mentioned above before and after the intervention. The test was carried out four times with each participant; twice on both the dominant and non-dominant hand, once with visual control and the second time without visual control. Furthermore, after the intervention the participants subjectively evaluated the change in their self-sufficiency using a questionnaire.

**Results:** From the results of the Moberg-Pick Up Test suggest that there was an improvement in 8 out of 16 measurements of fine motor skills. Two participants showed improvement in speed by more than 10 % multiple times.

**Conclusion:** The exercise programme showed significant time improvements in half of the measures. The participants noted that they enjoyed the exercise programme and intend to use some of the exercise elements. For individuals of the age group exercise is most likely to only maintain their actual motor abilities, moreover, prevent their deterioration.

**Keywords:** Elderly people, fine motor skills, sensorimotor functions, movement activities, Moberg pick up test