

Abstract

Demographic aging of population brings a number of needs, demands and changes in many areas of social life. In this case, Czech Republic has accepted several documents which also contain National Programme of Preparation for Aging for 2003 – 2007, and then for 2008 – 2012. This document regards to the concept of active aging and old age, which was accepted by the World Health Organization in the 90's, defined as a process of health quality development, seniors' social participation and the entire rising of a quality of life in an old age. The activity becomes desirable and proper way of the seniors' life.

The diploma project is focused on the seniors' activities, specifically on the offer of activation activities and their usage in Ostrava seniors' house. The theoretical part is pursued on the definition of aging and old age, physical, mental and social changes and the science disciplines, which are focused on those. Besides, it deals with social services, closer with the seniors' houses, activity and activation in the houses and about the concept of active aging, National Programme of Preparation for Aging and European Year of Active Aging.

The empirical part is focused on the case study of seniors' house in Ostrava, based on semi-structured and Focus group with seniors and activation workers. It displays which activities are offered to the seniors in the house, whether the seniors are attending and what is their relationship and attitude towards the activities.

The purpose of the thesis is to point how the seniors and activation workers perceive the benefits of activities in the seniors' house. I'm interested if the seniors in the seniors' house participate in the activities and whether they are adequately satisfy by them. Further research is aimed at motivation seniors to activities and work of activation workers.