

## **Abstract**

This study is focused on actual problems, which came up after the new Social Services Act came into force on January 1, 2007 and its updating, from the view of one group of the users of social services- seniors.

In the thesis is important charter, which described restrictive measures issues. Legislation is inadequate in this direction and even in comparison with international rules, which deals mainly with the protection of human rights. Fortunately, the situation is improving and with increasing demands on social service facility level of care is improving rapidly.

In this work we find an important chapter focused on the gentle self-defense, which uses techniques of Aikido martial arts in conjunction with the restrictive measures and self-defense, so that the intervention was friendly to the client, but also the most effective. The basis, however, is the desire to avoid any physical intervention of moderate means, such as distraction, and active listening are. I attend to this topic more in recent years and I add my lecture on this subject in Annex I, which was intended for workers in social services.

Because I attend to volunteering focused on the old people till my high school years, is this study mainly about them and their view of social services. It is generally prohibited any discrimination on grounds of age, their influence on events in the society is still small, in spite of their rapidly increasing number. There are lots of obstructions senior must deal with every day, technological development goes forward by leaps and bounds and seniors lose visibility and security in this modern world. It is therefore appropriate to devote special attention to them and adapted range of social services to their specific needs.

The Social Services must always maintain the dignity of the people and prevent violations of their fundamental rights. Rights are defined not only in the Charter of Fundamental Rights and Freedoms and the Act on Social Services, but also in the international documents.

It is still a long way in front of us, but we must believe that in the end of this way we find a country, which will be able to take care of all citizens without exception and give them the opportunity to live full and meaningful life.