

ABSTRACT

Title:

Physical activity in facilities for the elderly as a means of self-care and independence

Objective:

The main objective is to identify through research the possibilities of movement activities of seniors in institutions for the elderly, as a means to their autonomy, self-care and independence of the surrounding area. Senior age brings with it many challenges and constraints, whether physiological or psychological means. According to my research (Morávková 2013), these problems can actually affect by physical activity in both primary and secondary prevention. But the question remains whether seniors have the opportunity to perform physical activity. In my research, I focused on a situation where the senior placed in a facility for the elderly and is therefore totally dependent on the supply of equipment.

Methods:

The thesis is the first part researches topics of geriatrics and physical prevention of seniors. In the second part I follow research which I addressed to all traced facility for seniors in the Central Region, a total of 49 homes. There I poll examined whether there are controlled hours of physical activity, how they are targeted, whether this benefit seniors exploits and possibly what finances have to spend to participate those hours. Then I processed incoming data and interpreted the results.

The results.

Access to physical activity of seniors in institutions for the elderly vary greatly. The positive is that most devices can recognize the importance of physical activity and try to go in that direction and thereby promote self-care and independence of seniors. Unfortunately, they often stand in the way problems which are primarily financial, or lack of personnel. Facilities where they do not realize the importance of physical activity is fortunately low. A negative trend is demonstrated dependence monthly contribution to the amount of activities offered.

Keywords:

Geriatrics, prevention, senior, physical activity, facilities for the elderly.