

Abstract

This bachelor thesis focuses on educational and leisure activities in retirement homes. The aim of this work is to determine what activities older people engage in most often. First, I present the theoretical definition of activation and its forms in relation to the elderly. Leisure time is defined in this work and the most common types of leisure activities of older people are listed. Furthermore, I focus on the education of this target group, its importance and specifics. The thesis also deals with the way their coming to these facilities affects them. The aim of the empirical research is to analyse educational and leisure activities in retirement homes in Prague and its surroundings with regard to which are offered and implemented most often and which are the most popular among clients in the subjective opinion of activation workers. The empirical research is carried out in the form of investigation of websites of these facilities and is supplemented by a questionnaire. Besides, the results show that volunteers often work in retirement homes and that activation programs are considered an important factor in clients' adaptation. Attention is paid to local and foreign research, which specializes on topics such as activation and leisure activities of older people or activation programs in retirement homes.

Keywords

Elderly people, education, activation, retirement homes, educational activities, leisure activities