

The questions of aging and age were always interesting since the ancient time. But only in the recent years is this a notion. The social, economical and ethic notion. The humankind is globally aging and it must be solving. I am describing the current situation closely in my thesis. Rather the current situation and how can seniors actively spending their free time. I am interpreting the basic notions in first chapter. The chapter contains also a hindsight into the past and the description of normal and unavoidable signs of aging. In the next chapter I am interpreting a demography, following the next chapter about international and national documents about preparation on aging. The two next chapters are about social work with old people and about important life changes in lives of seniors. On this theoretical part come next the practical part. It is the comparison of the study (essay – Needs of seniors in Prague 8 with the offer of provided social services) with activities for seniors (in Prague 8). The next part is about information, services and possibilities of spending free time. In the end of my thesis are some variants, how can seniors be motivated into the active spending of their free time and into the healthy activities.