

ENGLISH SUMMARY

Life your life and forget your age

INTRODUCTION

The main task of this project was solving the issue of senior aging. In the other words, the project was focusing on the active inclusion of seniors to our whole society. The project was focusing on the situation of seniors of the second largest city of Czech Republic - Brno. The entire senior living project clearly points out, that active aging is becoming trend, which is behind this deal. The social integration of the older people into active and healthy life is a beneficial not only for them but also brings many obvious advantages for the whole society.

PROJECT

Entire project is divided in two main categories.

The first part is an analytical part, based mainly on secondary data, which are available mainly from public resources, personal interview and especially from wide range of the European's reference projects. The analytical part focus as well on so-called senior cohousing community, on its origin, history and possible use in Czech Republic.

The second part is the forms part of the project, which reflects the analytical part. This part specifies the target group of the population, for which the new senior cohousing project is intended. The main target group are seniors in the aged 65 +. The leading innovation of this project is the senior cohousing. Forms part described the possibility of use this new approach in the Czech environment. This type of senior living appears to be a good compromise between institutional and individual living, because it eliminates negatives and highlights the positives from both types of living. This part as well includes how the senior house would look like. The project proposes the construction of the so-called passive barrier – free house, which is in terms of operating costs, very cost – friendly compared to other types of buildings. Furthermore, the detailed facilities, equipment and entire environment of this type of house is

designed, as well as a set of the activities for happy and healthy life of the seniors. The forms part is closed by set of additional recommendations, which can be used as an inspiration for other issues related to senior aging and their housing.

CONCLUSION

From our point of view, the thorough care and interest of our seniors is vital. From the social point of view, the good support of seniors point out to society clear direction – you, older people are important for us and there no worries about old age, because we, the society will take care of you. Over time the society itself realizes, why support senior. There will be real examples – for example, cohousing project, and secondary there will be incremental education in the perception of elderly people in our city in Brno. When we respect our seniors, then we can respect ourselves as well.