








Original research article

The empowering potential of activating seniors to involve them in participatory planning of urban space in the Czech Republic

Marie Špiláčková^{1*} , Kateřina Mikulcová¹ , Lenka Caletková¹, Alexandra Bočková²,
Monika Chrenková¹ , Marek Mikulec¹ , Veronika Mia Racko¹ 

¹ University of Ostrava, Faculty of Social Studies, Department of Social Work, Ostrava, Czech Republic

² University of Ostrava, Faculty of Fine Arts and Music, Moravská Ostrava a Přívoz, Czech Republic

Abstract

Background: Currently, the aging population is an increasingly discussed phenomenon. Therefore, it is beneficial to pay attention to new trends and innovative methods and techniques to enable the activation of seniors. The aim of this text is to reflect on the empowering functions of participatory reminiscence techniques, and the creation of future scenarios in the context of social work.

Methods: The aim of the research work with a group of senior women was to interpret the narratives of the communication partners in relation to capturing memories, the experience of the present and the vision of the future with the use of an innovative implementation of two participatory techniques – reminiscence and the creation of future scenarios.

Results: The results indicate a need for social workers to achieve greater involvement of seniors at two levels: (1) at the level of individual work with clients (seniors in this case), where the results point to the need to emphasize the creation of opportunities for engagement of (not only) seniors in participatory activities, and (2) at the macro level of work, where there is a clear societal demand for change, leading to an increase in the degree of social cohesion.

Conclusions: The research showed that reminiscence and the creation of future scenarios of elderly women manifested themselves in a wide range of empowering functions, that can be organised into purpose/goal, result, functioning, and functionality.

Keywords: Activation; Empowerment; Future scenarios; Participatory techniques; Reminiscence; Seniors

Introduction

The aging of the population is increasingly being discussed by many authors (of the more current ones, we include, e.g., Bloom and Luca, 2016; Zubiashvili and Zubiashvili, 2021). This phenomenon is also associated with a greater demand for health care and social services for seniors. It is therefore beneficial to pay attention to the designing of new trends, and forms of providing social services and other special methods and techniques that would enable the activation of seniors and the increase of their functional potential in the physical, mental, and social dimensions. We can currently activate healthy seniors in creative ways that allow them to share personal memories. Kaminsky (1979; 2014) argued that the social worker can enlist clients' memories of the past to help them cope with the present. By using various methods and techniques, such as creating future scenarios or reminiscence, we can contribute to the activation of seniors. Activation can be seen as an aid or support to maintain independence – and is an integral part of aging. The activation process should address both the

mental and physical elements of the seniors with respect to their individualities and consider the “*motivation of the seniors to carry out various activities aimed at developing their personality and improving their quality of life*” (Vostrý et al., 2021, p. 38).

In the context of urban aging, cities are described as inhabited places of higher size, inhabitants, or significance, than towns or villages. Understanding the link between population aging and urban transformation, as well as the need to create supportive urban communities, are critical public policy problems (Van Hoof et al., 2018). It is obvious that supporting the activation of clients further contributes to increasing the degree of their empowerment. The ability to be physically active and retain participation in social, economic, cultural, spiritual, and civic concerns as individuals age is referred to as active aging. According to a WHO study, an “age-friendly” city encourages active aging. Such a community increases the chances of health, participation and safety, and improves the quality of life for people in old age (Steels, 2015). These activities initiated by cities are necessary for seniors in terms of both the quality and self-sufficiency of their life and to gain a greater feeling of autonomy and responsibility. Cross-sectional

* **Corresponding author:** Marie Špiláčková, University of Ostrava, Faculty of Social Studies, Department of Social Work, Českobratrská 16, 702 00 Ostrava, Czech Republic; e-mail: Marie.Spilackova@osu.cz

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studies examining the degree of social participation of seniors with different living conditions indicate that involvement in activation activities is positively related to both their mental state and satisfaction with health and social care systems (Hibbard and Greene, 2013). However, it is also necessary to consider the barriers to experiencing active old age, for example, research findings (Baldwin and Stafford, 2018) clearly show that activities access is not an everyday experience for people of different ages and abilities (such as health status of seniors and limiting financial resources).

The aim of this text is to reflect on the empowering functions of the piloted participatory reminiscence techniques and the creation of future scenarios in the context of social work.

Activation of seniors as a form of empowerment

Many authors agree that social innovations have an impact on the activation of seniors, thereby enhancing their self-confidence (Bartels, 2020; Blanco and León, 2017). We can see them as a way of combating social exclusion that provides resources, empowers communities, and promotes new ways of participation.

For work with seniors, we draw on the social gerontology concept of social work, where we rely on two key concepts, namely the concept of assessing the client's needs or situation and the participatory approach to providing help and care (Mühlpachr, 2017). When working with seniors, concepts such as the quality of life of seniors, the needs of seniors, and active aging, have recently been mentioned often. All these concepts have a common denominator: the activation of seniors in terms of their participation.

One approach to contribute to the better integration of people into society and support them in their independence is empowerment. It helps people to take control of their lives in the sense of "their life being in their own hands". It may be defined as assisting individuals in gaining and developing dominance and influence over their lives and the lives of their communities by influencing their environment, organizations, or the people who affect their life (Tiran et al., 2022). The concept of empowerment also has its place in social work. The social

worker should be an empowering supporter of a person who believes that he/she has strengths and potentials that they can develop – and which can strengthen their self-confidence.

The active involvement of the older generation in public life also has related benefits. One of these is the positive impact on social cohesion in society. In a review paper, Schiefer and van der Noll (2017) identify six major "ingredients" of social cohesiveness apparent in various research, while emphasizing the lack of a standard definition of social cohesion: (1) social relations between individuals and groups, including trust among members of society and trust in institutions; (2) identification with, and sense of belonging to, a social entity such as a group or a country; (3) orientation toward the common good: in a cohesive society, people should act not only for personal interests, but also for the needs of the larger collective.

Through their active presence and participation, older people continue to build and maintain their place in the local community, becoming more involved in its everyday life. Its importance was also noted by Burchi et al. (2020), in that the community building is about establishing a sense of belonging and community among older people and across generations. This strengthens intergenerational solidarity and social cohesion which is the result of a continuous integration process in society – as stated by Larsen (2014) in the UN document Social Cohesion: definition, measurement, and developments. Therefore, the above-mentioned spectrum of processes also includes efforts, at the level of local communities, to involve various groups of the population in participation, thus creating intercultural or intergenerational solidarity and eventually trust (groups of seniors in our case). This is also confirmed by Beck and Beck-Gernsheim (2001), for whom intergenerational solidarity is one of the five dimensions that make up social cohesion.

Clearly, there is a need to emphasize the creation of opportunities for the participation of seniors in participatory activities in favor of their activation, empowerment, strengthening intergenerational solidarity and thus the degree of social cohesion (as shown in Diagram 1).



Diagram 1. From participation to social cohesion

Participatory planning in urban space as a re-established area of social work

Participation in urban space planning refers to the active participation of users of a given area in the process of creating a plan or project. It can contribute to optimizing the plan by focusing on the needs of the population, finding new resources for the public sector, improving communication between residents, and increasing their awareness of the planning (Maier, 2012). Involving the public (in our case seniors) in the process of participatory planning enables the use of local knowledge and memories of the place (Vacek, 2013).

In social work, due to the diversity of interpretations of participatory approaches in the expert literature (e.g., Burchi et al., 2020; Kuruvilla and Karibeean, 2015; Yang et al., 2019), there is often no distinction between user participation, i.e., participation in social service activities without the possibility of influencing its settings, and user involvement in terms of

empowerment, emancipation, and the possibility of influencing the service. If participation does not empower the client, it remains as participation and not involvement (cf. White, 1996). Involvement refers to the whole continuum of participation, which can thus be understood as a means of empowerment, and also as a goal of the entire empowering process (Adams, 2008).

However, growing diversity and differences at the community level may result in the exclusion of some target groups from participation. The exclusion of seniors from participation may be related to the use of such methods of participation (e.g. computer technology) that do not correspond to the abilities of the target group. The choice of appropriate participation tools enables the involvement of marginalized groups with specific needs (e.g. seniors) in urban planning processes (Participation Manual, 2016), which can prevent the exclusion of seniors from participation or their difficult involvement. Thus

we perceive participatory planning in urban space with the use of techniques leading to the activation and empowerment of seniors as a challenge for social work and further work with seniors.

The social status of seniors is often associated with the term ageism in the expert literature. A society that does not deal with its relationship with the elderly deprives itself of the possibility of better coexistence. Older people can continue to be active and socially useful and have other missions in the place where they live. Tomeš et al. (2017) also perceive the active involvement of seniors in the community as positive for society and beneficial for individuals. However, Vostrý et al. (2021) state that the current approach to seniors in the Czech Republic cannot be assessed as satisfactory or unproblematic. There is an underestimation of old age and they do not get the respect to the extent they deserve.

Governments are taking note of generational alienation and the closely related social cohesion at both macro and micro levels. Strategies are being sought and citizen initiatives are developing possible solutions. There are several participatory efforts in the Czech Republic and other countries. Worthy of mention are the initiatives of the Dutch National Institute for Social Affairs, Movisie (2014), which deals with the implementation of good practice in the social area. With regard to the involvement of seniors and the belief that “society also benefits when seniors continue to invest their talents”, its website offers a list of projects that have proved their worth in the Netherlands. In 2016, the Ministry of Labor and Social Affairs of the Czech Republic prepared an Analysis of the Quality of Life of Seniors in the Czech Republic. According to the authors of the analysis (Antošová et al., 2016, p. 3): *“Active aging is a current term that implies a positive emphasis on self-reliance, independence, ability, and interest in working even after retirement, to realistically support own healthy lifestyle, i.e., to live with a positive vision. It is about accepting the relationship between growing age and quality of life, about adequate vitality and mobility.”*

Reminiscence and creating future scenarios

According to Janečková et al. (2021), reminiscence means the intentional use of memories in the care of the elderly or in other targeted activities with them. The most frequently cited definition of Robert Woods from 1992 appears in the professional literature, which defines reminiscence as loud or silent handling of events from human life (Janečková and Vacková, 2010). It is based on respect for human dignity, uniqueness and human autonomy, which is one of the basic humanistic principles. The potential of reminiscence becomes an increasingly popular approach to promoting older people’s mental health. The course of various reminiscence approaches (narrative, reflective, expressive, informative) is influenced by the specific goals to which they are directed. According to Janečková and Vacková (2010), most reminiscent activities have a narrative character, and their goal is to create a good mood. Reminiscence was positively related to creativity, spirituality, and generativity. It was also related to ratings of openness to experience, personal growth, and to using reminiscence for identity exploration and problem-solving (Coleman, 2005). Reminiscence can establish self-identity, improve social connectedness, and create feelings of well-being (Chen et al., 2013). Reminiscence takes the form of a reminiscence meeting in which, for example, participants view photographs, watch films and slides, listen to music – all to evoke certain memories. The facilitator supports the participants to talk and interact. This process can be followed by other reminiscence

activities, such as musical memories, remembering childhood and adolescent songs, and creating an individual musical story (Ingersoll-Dayton et al., 2018). Depending on the number of people, these may be individual or group reminiscences. A new and less explored variant of intergenerational reminiscence is offered by Gaggioli et al. (2014), involving groups of seniors and children. It is a potentially effective event to improve the psychosocial well-being and quality of life of healthy older adults and to improve the way younger generations perceive older people.

When creating a new vision of social space, working with the story of the place and the memory of people who can reproduce the history of the place is considered essential. Creating future scenarios can be used for this purpose. The method of creating future scenarios is based on telling and describing possible situations in the future. It is therefore not an estimate or a plan for the future, but a description of possible developments which are determined by key trends or events. More than being precise plans, it is an inspiration to create alternatives that can inspire strategic decisions and strategic planning. Demirbilek and Demirkan (2000) present a study in which elderly users were involved in a design process by means of participatory design sessions that combined brainstorming and scenario creation. The participants not only formulated their ideas (positive and negative) through scenarios, but also defined their exact needs.

The method is based on writing a story that connects the past, present, and future states. The result of the process is usually 2 or 4 variant scenarios (positive, negative, and trend). Importantly, this is not a prediction but a search for alternative forms of possible future developments. It can follow the reminiscence method in stages.

Materials and methods

The aim of the research into a group of senior women was to interpret the narrations of communication partners in relation to capturing memories, experiencing the present and the vision of the future in a particular place, with the innovative implementation of two participatory techniques: reminiscence and creating future scenarios (these two are traditionally used separately).

The informants were selected by the method of intentional selection. The selection criteria were as follows: seniors over the age of 65, residence in a defined locality, length of stay there being 30 years at least, knowledge of the locality, including the position of the so-called gatekeeper in the senior community, voluntariness and willingness to re-engage in the research. A total of 3 informants aged 70, 73 and 78 were included in the research group.

The research survey took place between July–December 2020. This period was significantly affected by the Covid 19 pandemic, which made it difficult to organize any personal meetings with the at-risk group of seniors. With respect to enhancing the weight and validity of the data in such a small set, repetitive in-depth interviews were used. The data purpose was to “describe the living world of an interviewed person with respect to the interpretation of the meaning of the described phenomena” (Kvale, 1996, pp. 5–6). In-depth interviews prompted questions to encourage the narration of the communication partners, with the intention of eliciting the most authentic “material” from communication partners (see Riessman, 2008). We met with the informants repeatedly and analyzed a total of 9 interactions.

Work with the group of senior women was carried out in three phases:

- (1) Using the reminiscence technique, the aim of which was to expand and specify individual topics related to a specific locality regarding the past. The informants were asked by the facilitator to recall the past of a specific locality. The facilitator distributed to the informants printed period photographs of the specific locality (freely available on the Internet) which were supposed to transport them to the past and thus support their recollection.
- (2) The second phase involved the method of creating future scenarios. The informants were asked by the facilitator to try to imagine what a particular location would look like in the future, based on their experience and memories. The individual participants brainstormed their ideas, visions, and suggestions. All of this was written down by the facilitator. The goal was to create several versions of future scenarios. The narration was recorded. In their study, Bohlmeijer et al. (2007) suggest the number of sessions might be of importance. In this respect, there is a large diversity among studies.
- (3) The third phase was carried out after an analysis of the data from the first two phases. The aim was to record a participatory reflection of the informants on the obtained results.

Data from reminiscence methods and future scenarios were processed using a thematic analysis of significant statements of the senior women in the reminiscence group. Out of consideration for the character of the reminiscence group, it was not realistic to record and then transcribe the whole discussion. Therefore, statements are not assigned to specific communication partners. A similar data generation strategy was used, for example, by Glumbíková et al. (2018), which we understood in accordance with Patton (2002) as a qualitative-interpretive analysis of the written data. According to Riessman (2008), the data from individual techniques were coded simultaneously to create topics, the most important being what was narrated for the thematic analysis. As part of the research, we followed the Ethical Principles in Research with People of the APA Organization (2016). Participation in the research was voluntary.

To ensure validity of the research, we reflected on the possible social desirability response set (the level of readiness of the respondents to behave as they think the researcher expects or wishes), and on the demands posed by the research topic on the reflection of the respondents. Therefore, the most natural and repeated technique of the data acquisition was used to increase the research validity. The interviews took place in a calm and safe environment, according to the respondents' choice. Even so, it is necessary to reflect on the fact that the data were produced within a research interview, not in direct reality. The obtained data were cyclically subjected to regular reflections, with particular focus on the following: influencing the research design and the generated data by the researchers' own experience and knowledge; suitability and motivation of participants for research; influencing the choice of respondents by the attitude of researchers; researchers' own position in relation to research; understanding of research objectives by respondents or missing research data (Gabriel et al., 2017). The data was also validated by triangulation of the analyses, where the data were independently analyzed by two researchers. The validity was confirmed in the sense of gaining a good understanding from different perspectives of the investigated phenomenon.

When reflecting on the research methodology, it can be stated that despite the fact the generated data cannot be generalized (which is a limitation of any qualitative research), it brings a unique insight into the research topic. We perceive a limited number of informants and analysed interactions with regard to the ongoing pandemic as a limiting factor of the research.

Results

The research shows that, for female seniors, reminiscences and future scenarios manifested themselves in a wide range of empowering functions conceived as a *purpose/goal, consequence, and functionality*, see Table 1. The content-identified empowering functions are significantly reflected in the advantages and disadvantages of the participation itself.

The professional (generic) goal of "being an active citizen, being an active senior" is connected with the fulfilment of a need to be needed, to be useful for something. Older people deserve recognition for their skills and experience. The opportunity to express one's opinion and the fact that society needs their experience significantly contribute to the strengthening of self-confidence and mental health of the elderly. This corresponds to the general advantage of participation, which allows the use of local knowledge and memory of the place. Reflecting on the results, the informants expressed a similar opinion: "*We would like to be useful, because we have experience, we have already experienced something and we can even help with something, even if we are no longer so alert and so fast.*" The empowering function of the consequence connects imagination about retroactivities and future scenarios in the sense of "*something could have been different*". Describing the history of a particular place can also provoke dissatisfaction and negative responses in the seniors. Due to personal experiences, they can see the potential of a given place, and compare what used to be functional but is not any longer. The advantage of using these seniors' personal experiences is, as a result of participation, a better decision-making process. Every opinion is heard and arguments are taken into account. There is more information about a given place on the basis of the seniors' experience. The informants commented on that as follows: "*We welcome any involvement. But most importantly, we want the words of the addressed seniors to be taken seriously!*" A functional and "suitable environment with the use of available options" meets the requirement of functionality of citizens' relationship with their environment. The empowering function of the mutual connection of elements, phenomena, or processes, within a certain unit is fulfilled. In light of the growing number of seniors in society, the informants reflected on this function as follows: "*Yes, the number of seniors is growing, so what to do about it? But it is necessary to ask the seniors to tell you what they think about it.*" The disadvantage of participation may be the difficulty of satisfying the needs or interests of all involved. The empowering function of changing one parameter under the influence of another represents the potential and desire for a change. In the context of urban planning, this is a real change of environment. The "*vision of the future*" in the narratives of senior women can evoke the potential for a change, but the goal is not achievable at this stage. The informants talked about the feeling of joy when someone involved them in public life. The disadvantage may be that the vision is unrealistic, e.g., for financial reasons or because the essence of a proposal is not properly understood. Some seniors said: "*Society views us as individuals who are unable to comment on anything.*"

Table 1. Empowering functions

Empowering functions	Description/content	Significant statements*
purpose/goal (obvious or latent, it is mainly about meeting certain needs)	generic professional goal <i>"to be an active citizen/senior"</i>	<i>"You can only find launderettes in shopping centers. ... I definitely miss launderettes."</i> <i>"It wouldn't be bad. That one may sit down on a bench. We go to lunch and the wi-fi starts immediately."</i>
consequence (positive, negative, neutral)	connecting thoughts about retroactivities and future scenarios, often negative ones, such as <i>"something could have been different"</i>	<i>"... there was one shop next to another. Diversity is now significantly lacking."</i> <i>"... people somehow lived far more socially... the people in the building knew one another, and not only in the building. The people in the whole block knew one another. They visited one another. It wasn't like it is today."</i>
functionality (interconnection of elements/phenomena/processes within a whole)	functionality of the relationship of seniors/citizens in general and <i>"the suitable environment, using available options"</i>	<i>"I miss public toilets, that's for sure. They used to be there, and they were functional, clean and decent."</i> <i>"It would be nice if there were more benches there. But again, when you want to sit down on a bench, and you know that homeless people were lying on it, you don't feel like sitting on it."</i>
functionality (changes of one parameter under the influence of another)	each reminiscence has (not only) a latent goal of a change, but also the potential and desire for a real change (i.e. a real environmental change) – but this goal is unfulfilled <i>"vision of the future"</i>	<i>"Or there is a possibility to radically turn the whole street into a pedestrian zone. But probably no one will accept that."</i> <i>"... they could introduce the public address system again. For example, after the siren test, saying what will be closed and why. Why couldn't they do that?"</i>

* The statements of the informants are not assigned to specific communication partners, see the description in the research methodology.

Discussion

From the analysis of the narrations of the informants within the framework of participatory reminiscence techniques and the creation of future scenarios, we identified four empowering functions that enabled senior women to participate in the creation of urban space and to support their activation.

Participation improves the skills of all involved. The involvement of senior citizens makes it possible to combine their specific knowledge of the given place with the expertise of the project promoters. The active participation of seniors contributes to strengthening their relationship with their home, motivates them, and contributes to the quality of their lives through activation activities. It is also a way to fill free time, often in a fun way. Based on the research, we can conclude that another advantage of seniors' participation in spatial planning is their activation of empowering functions and expressing respect for them (Fang et al., 2016). All the above-mentioned empowering functions contribute to the social cohesion of the population in public space.

Significant factors influencing the intensity of senior's participation in public life are, e.g., gender, socio-economic status, education and the health status of the senior. Šerák et al. (2019) pointed to the more frequent involvement in public life of seniors with a higher education, which may have an impact on participation.

Participation in public/civic life is an integral part of the concept of active aging, which can be understood not only in

terms of preventing social isolation, but also deteriorating health (MoLSA, 2022).

The use of participatory techniques is also widely used in social work. At present, there is perhaps no longer an area of social work where there is a lack of emphasis on the application of elements of client participation at the micro, meso, and macro practice levels (Šťastná, 2019). According to Gojová and Černá (2022), the discussion is no longer about participation in an expert or participatory way, but about the types and methods of participation.

As part of the research, we identified two levels of possible consequences for the social work profession. Firstly, the level of individual work with the client (in our case seniors), where the results point to the need to emphasize opportunities for the engagement of (not only) seniors in participatory activities in favor of their activation and empowerment and strengthening intergenerational solidarity. Secondly, level of work at the macro level, where the research shows requirements to achieve changes in the context of society, leading to an increase in the level of social cohesion. To achieve this, active participation of all groups of society is necessary, and also (in the words of the informants) *"things to be taken seriously"*, i.e., the subsequent implementation of findings in the process of urban planning. Thus, at both the micro and macro levels, social workers can help seniors so that their views are taken into account. An important role of social work is to support seniors in solving issues that affect them, encourage them in their efforts, and help them perceive their needs as rights. According to Cox and Pardasani (2017), this empowerment increases self-confiden-

ce and dignity and provides a framework for community participation.

It is gratifying that there are a growing number of examples of good practice from abroad that refer to the societal benefits of actively involving seniors (Fang et al., 2016; O'Neill et al., 2011). In conclusion, we agree with the Institute of Planning and Development of the Capital City of Prague (online), which believes that “*participatory planning helps to reconcile the views of the main participants in planning processes, to build consensus and prevent conflicts between parties with different interests. Thus, participatory planning not only strengthens democratic principles, such as transparency and accountability in the city planning, but also becomes an important means of community development*”.

Conclusions

The aim of this text was to reflect on the empowering functions of piloted participatory reminiscence techniques and the creation of future scenarios in the context of social work.

By two participatory techniques – reminiscence and scenarios of the future, we have identified four empowering functions: (1) *the purpose/objective* – in which the needs of seniors to be useful, helpful, and motivated to engage in activation activities are met, (2) *the consequence* – in which seniors' experiences are linked to their vision of the future and highlighting the potential of the place, (3) *function* – which combines the efficient and appropriate use of space for a specific target

group thanks to the life story of seniors (4) *functionality* – related to the projection of the future from the perspective of involved seniors and their desire for change. However, achieving this goal is a matter for the future.

It is evident that participatory techniques have empowering potential for seniors that lead to their activation. The growing number of elderly people is a challenge and a task not only for social services. Keeping the elderly active entails keeping them in good physical, mental, and social health. Therefore, we must strengthen the functional potential of seniors in all dimensions. Activation is increasingly related to the social dimension, thus maintaining seniors in their active civic role. By using participatory techniques that capitalize on seniors' memories of the past, or using other creative and innovative ways, they can successfully fulfil this social dimension.

We consider the set goal to be met by analyzing and interpreting the results.

Ethical aspects and conflict of interests

The research was approved by the Ethics Committee of the Faculty of Social Studies of the University of Ostrava. The authors have no conflict of interests to declare.

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Zplnomocňující potenciál aktivizace seniorů jako způsobu zapojení do participativního plánování v městském prostoru v České republice

Souhrn

Úvod: Stárnutí populace je v současnosti stále více diskutovaným fenoménem také v sociální práci. V této situaci si zaslouží pozornost věnovat se koncipování nových trendů a forem poskytování inovativních metod a technik, které umožní aktivizaci seniorů. Aktivizační činnosti napomáhají smysluplnému zapojení člověka do společnosti a do participativního plánování veřejného prostoru. Cílem předloženého textu je reflektovat zplnomocňující funkce participativních technik reminiscence a vytváření scénářů budoucnosti v kontextu sociální práce.

Metodika: Cílem výzkumu skupiny 3 senierek je interpretovat vyprávění komunikačních partnerů ve vztahu k zachycení vzpomínek, prožívání přítomnosti a vize budoucnosti v konkrétním místě s inovativním uplatněním dvou participativních technik – reminiscence a tvorby scénářů budoucnosti.

Výsledky: Z výsledků vyplývá pro sociální práci potřeba většího aktivizačního zapojení seniorů ve dvou rovinách, a to (1) v rovině individuální práce s klientem (v našem případě se seniory), kdy výsledky poukazují na potřebu klást důraz na vytváření příležitosti ke spoluúčasti (nejen) seniorů na participativních aktivitách, a (2) v rovině práce na makroúrovni, kdy je patrný požadavek na dosahování změn v kontextu společnosti, vedoucí ke zvýšení míry sociální koheze.

Závěr: Provedený výzkum ukázal, že se reminiscence a vytváření scénářů budoucnosti senierek projeví v široké paletě zplnomocňujících funkcí pojatých jako účel/cíl, důsledek, funkčnost a funkcionalita.

Klíčová slova: aktivizace; participační techniky; reminiscence; scénáře budoucnosti; seniorky; zplnomocnění

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