

## **THE ROLE OF ACTIVITY IN COUNTERACTING SOCIAL EXCLUSION OF THE ELDERLY**

### **Abstract**

The society is aging more and more, there are more and more people in retirement age experiencing social exclusion, and thus the quality of life of older people is deteriorating, which has an impact on the activity of this social group. Activity in the life of every senior citizen is extremely important, because it can put an old age aside, it can not only add “years to life” to seniors, but also “life to years”. The aim of this article is to show the role of activity in counteracting social exclusion of seniors, as well as the issues of old age on the basis of selected literature on the subject. The article discusses the social roles played by seniors and selected forms of activity of the elderly. The main research method used in the article is the analysis of the literature on the subject.

**Keywords:** seniors, activity, social activation, social exclusion.

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