

Abstract

This thesis focuses on informal care and the burden of informal care. The aim is to explore the current form of informal care and to reflect on it with existing knowledge. In its first part, the thesis focuses on a description of the demographic development of the seniors, a description of informal care and the problems associated with it, solidarity, caregiving burden, and the possibilities of assistance and support for informal caregivers. Furthermore, the thesis sets out to describe what assistive technologies are, how informal carers use them and how they relieve them of the caring burden. Peripherally, the thesis also touches on the impact of the COVID-19 pandemic on the caregiving burden. Through quantitative measurement using my own modification of the ZBI-4 questionnaire, I describe caregiving burden, taking into account basic sociodemographic data. The results show no statistically significant differences either across genders or across generations, apart from a significantly lower perceived caregiving burden for Generation X. I follow the quantitative part of the research with the qualitative part, based on semi-structured interviews. In the qualitative part, I describe the reasons for the decision for informal caregiving, its form and consequences, potential generational differences, what are the main sources of information for informal caregivers, assistive technologies, their influence and use, and the specification of informal caregiving in the COVID-19 pandemic.