

## **Abstract**

The thesis deals with reminiscence and its use when working with sick elderly people. The theoretical part of the thesis introduces the method of reminiscence and its primary functions with an emphasis on individual form. These theoretical bases are further applied to the target group of elderly patients. The practical part presents qualitative research based on semi-structured interviews with seniors suffering from long term illness. Data analysis using the method of interpretative phenomenological analysis proved that memories have a high potential to positively impact the senior patients and contribute to improving their quality of life. However, the effect of reminiscing is influenced by additional factors such as the senior's nature and his life philosophy. On the contrary, the approach to reminiscence is not influenced by the type of past experiences – difficulties experienced in the past are not, in themselves, a reason for a lower level of reminiscence. On the other hand, a possible negative phenomenon associated with reminiscence was revealed, namely, the stereotype linking reminiscence with unfulfilled old age. According to the research findings, shared memories further help to understand the values and needs of the elderly and the reminiscence interview itself can thus become a tool for individualizing care.