

ABSTRACT

The bachelor thesis focuses on the significance of personal assistance for individuals with physical disabilities in supporting independent living. The author initially delves into the theoretical definition of spinal cord injury in the cervical spine area from a health perspective, followed by a social perspective, where the self-concept of the individual and the regaining of independence after spinal cord injury are discussed. In the third chapter, the focus shifts to the implementation of independent living for individuals with spinal cord injuries and further defines the significance of personal assistance as a means of independent living.

The aim of the bachelor thesis is to describe the experience of an individual with tetraplegia utilizing personal assistance for independent living. Authentic testimonies from four respondents with spinal cord injuries were obtained through the selection of a qualitative methodological approach and the method of semi-structured interviews. The collected data was subsequently analyzed using phenomenological interpretative analysis.

The research findings provide conclusions regarding the overall scope and nature of personal assistance needed for independent living, as well as the methods and current possibilities of utilizing personal assistance. The research also includes a description of the factors of personal assistance that support or, conversely, complicate independence in independent living. Finally, the author presents expectations illustrating the ideal perception of utilizing personal assistance from the perspective of an individual with tetraplegia.