

## **Summary**

The aim of bachelor thesis was to find out by questionnaire way nutrition condition of elderly people in facility social services. The thesis consists of a theoretical, practical and research part.

In theoretical part I deal with problems of ageing from biological and social essence. Furthermore I focus on need of essentials particular nutrition substratum and problem with malnutrition in older age. On the other side I focused on question about hydration that forms separate topic in my work. In conclusion I present nutritional recommendation for elderly people in several points.

In practical part of my thesis I evaluated situation in concrete workplace in unnamed facility social services by MNA (Mini Nutritional Assessment) questionnaire that includes anthropometrical measure, evaluation of general status, diet habits and further targeted questions directly to client. MNA questionnaire is attached.