

## **Abstract**

The senior care means nowadays mostly the family care. This diploma thesis deals with the experience of family members with the care of a non-self-sufficient senior. The main aim is to take a look at this issue from the point of view of the caregivers and to examine how family caregivers perceive their situation. With the aging of the population, the question arises: how to properly set up a care system for the needs of an aging population members. For the right setting of intervention strategies, it is necessary to listen to those on whom lies the responsibility for the caretakers.

The first part of the thesis consists of a theoretical establishment of family care and support, which is provided to the caregivers. Then, it covers various topics related to the changed role of the caregiver (eg. motivation for care, needs and difficulties of caregivers). The theoretical part of the diploma thesis concludes the chapter dealing with gender issues of caregivers. A qualitative research strategy was selected for the research and data collection was conducted through semi-structured interviews with 20 caregivers - 10 males and 10 females. The empirical part maps the care of a non-self-sufficient family member from the point of view both women and men. Afterwards, it describes the circumstances in which a person becomes a family caregiver, the form of care, the difficulties and the needs the caregiver experiences during the described care. The center of attention are also the themes emphasized by female and male caregivers.