

ABSTRACT

Way-outs: The old age may be difficult for some seniors in terms of the biological, psychological and social changes. These changes may be hardly accepted by seniors. The unpleasant states connected with these changes must be treated with psychopharmaceuticals. Some seniors underestimate correct dosing of psychopharmaceuticals and they adjust the dosage arbitrarily.

Objectives: The aim of the research was to describe the patterns of the psychopharmaceuticals usage in the senior age. The intention was to find out which circumstances led the people who overuse the psychopharmaceuticals to the overuse of psychoactive drugs, how do they acquire the medication, whether they have been educated in the proper usage of the drugs in advance, whether they buy the non-prescription medications and if they try to stop the overuse or if they intend to stop in the future. The aim of the research was also to highlight this issue and to inform both – the public and the experts that the seniors are a specific group and it is necessary to develop the comprehensive care.

Methods: Data collection was realized by using a qualitative method of deliberate selection, using the snowball sampling. The interviews were conducted with ten seniors, including eight women and two men. The interview was semi-structured, it was recorded on a mobile phone voice recorder and then overwritten and deleted.

Results: Data analysis revealed that seniors overusing psychopharmaceuticals or analgesics do not take this fact seriously. With a few exceptions most respondents know about their behavior. They use different strategies how to obtain medication and they are not familiar with informations of the potential risks associated with overusing.

Conclusion: Thanks to the interviews with seniors overusing the psychopharmaceuticals there were identified particular patterns of overusing, which has led to an understanding why the seniors are facing this problem. This work revealing the phenomenon of psychopharmaceuticals overuse aims to let realize the whole population including professionals who prescribe psychopharmaceuticals how wrong usage of drugs can complicate life of users.

Keywords: psychopharmaceuticals, seniors, overusing, using, doctors