

Abstract

The main topic of this work are coping strategies of informal caregivers for the elderly, ie people providing family care to a dependent seniors. Other topics that are closely related to the main topic of this work are stressors (ie the causes of stress) of informal caregivers of the elderly, and their basic characteristics (gender, age, relationship with the caregiver and others).

The main goal of the research, on which the empirical part of this work is based, is to decipher which coping strategies are used by informal caregivers (not only) in the care of the elderly. Related to this main goal is the discovery of what informal carers face stressors and what their characteristics are. The research is based on a quantitative research method, specifically on a questionnaire survey. The results of the research are compared with the findings of the authors of research on the same topic conducted in Finland.

The whole issue is examined against the background of an aging Czech society. Czech society is aging and according to statistical predictions, this trend will continue in the future. These predictions indicate that the percentage of dependent seniors in the population will only increase. For this reason, informal care for the elderly will always be very important, because the social system of the Czech Republic will not be able to offer institutional care to all dependent seniors.