

Summary

Caring for a loved one is nothing new in our contemporary society. We deal with the topics of caring in the family, the motivation of such a decision, the positives or negatives of this choice. Why do more and more people choose to care for a loved one "at home"? What is the state support provided to family carers and which social policy instruments does the state use? The aim of the Diakonie ČCE-Care at Home project is to comprehensively support lay family caregivers who take care of their loved ones, not only the elderly, people with disabilities, children with disabilities, but also cancer patients. Through information, counseling and educational activities, we provide family caregivers with the psycho-social and spiritual support they need when caring for their loved ones. Not only do the people receiving care in the home environment have their own needs, but so do family caregivers, whose way of saturating their needs changes the moment they begin caregiving. In general, we are concerned with the needs and their fulfilment of the patients themselves, i.e. those who are dependent on care. But we must not neglect family caregivers, since their physical and mental well-being is a prerequisite for being able to care for their loved ones because they have a very difficult task ahead of them, which 'taking care of' certainly is. Through one-to-one consultations, practical training courses and support groups, we provide family carers with the support they need to cope and endure caring in the home environment. The practical experiences from the Project Care at Home courses will be presented in my undergraduate thesis through case studies, not only as evidence of the need for support for family carers, but also the perception of carers as an important target group to be cared for.