

Abstract

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The bachelor thesis deals with the old age and aging of seniors and their quality of life in retirement homes. The theoretical part discusses the changes caused by aging, the most common mental illness of seniors, salutogenetic approach to old age, communication with seniors, sanitary facilities dedicated to seniors, the quality of life of seniors and their activities.

The practical part of the bachelor thesis contains the results of a survey research. The respondents were residents of a retirement home. The total number of respondents was 40. The aim of the empirical part was to find out the quality of life of seniors living in a retirement home, Find out what activities are offered to seniors and find out how satisfied seniors are with care and living in a retirement home.