

Abstract

This thesis focuses on the quality of life of informal caregivers who provide long-term care to their relatives at home while receiving care allowance.

The theoretical part outlines the legal framework of the care allowance, defines key concepts such as informal care, caregiving, quality of life and discusses both the positive and negative aspects of caregiving. The empirical part is based on qualitative research conducted through semi-structured interviews with eight participants caring for persons in stages III and IV dependency.

The aim of the research was to explore how caregivers perceive their quality of life, what services they use, what challenges they face and what kind of support they need.

Thematic analysis of the data revealed that while caregiving is perceived as meaningful, it also imposes significant psychological and physical strain, financial burden and time constraints. Key coping factors include the availability of social services, family support and opportunities to share their experiences.

The thesis concludes with suggestions for systemic improvements to better support informal caregivers.