Abstract:

The issue of nutrition is not an easy issue, and is even more demanding with respect to persons for whom it is necessary to take into account the Sénia. Moreover, if this period of life accompanies diabetes mellitus, significantly increasing the importance of nutrition.

Diabetes mellitus is a disease that is now a very hot topic, because the figures showing the incidence of diabetes continues to rise and diabetes is becoming a disease of civilization.

Bachelor thesis is divided into two parts. The theoretical part, which includes knowledge about diabetes mellitus and its treatment, but also deals with aspects of aging and life in residential facilities.

In the practical part of me is contained examined the results. The target detection method was used quantitative survey. The questionnaire is designed to affect the possible disparity in attitudes of both groups of respondents. The process has been used quite satisfactory 110 completed questionnaires. The questionnaire contained questions about diet, diabetes mellitus, awareness of seniors, but also the drinking regime and physical activity. It was also used for target detection protocol, which included questions about diet, staffing and implementation of education in each of the 11 residential facilities. The survey was directed so as to achieve the target. The aim of this work was to determine by whom and how the elderly diabetics edukováni, and how they perceive and therapeutic measures that recognize the complications that come with diabetes brings.

In the practical part of this thesis was provided six hypotheses that correspond to the stated objective of this thesis. Hypotheses were predicted aspects of diabetes mellitus and its complications, dietary therapy, physical activity, education and the use of nutritional therapist in residential facilities.

Questionnaire survey, we found that seniors edukovanost not worrying whether we take into account the familiarity of the respondents in the dietary treatment, movement or complications, always results show the transmission of information regarding these aspects and understanding in most cases.

The surprise was that most seniors observes therapeutic measures related to diabetes mellitus. Here again we are talking about the diabetic diet, drinking less important regime and physical activity.
Finally, in practice we propose to place greater emphasis on education, seniors acquainted with innovations in nutrition and nutritional therapists actively integrate into the team caring for clients in residential facilities.