The Bachelor thesis deals about adaptation of senior citizen to the life in welfare service facilities.

The theoretical part deals with terms like old age and its classification, ageing process, involutional changes. It explains myths of ageing in connection with ageism with a focus on health care. The one refers to different adaptation strategies focused on old age with its possible consequences. It works with protective factors which help to the positive acceptance of this part of life. The chapter devoted to social services with a focus on seniors with reduced of self-sufficiency deals in details about welfare service facilities.

The quantitative method of research is used in empirical part of this bachelor thesis. We realized interviews with six respondents and integrated it into our case study with a focus on the most common parts of senior’s adaptation to accommodation in welfare service facilities after arrival.

Compared terms of each category in our analysis are related to the process of adaptation and subsequently there are drown recommendations for employees in welfare service facilities.