

## **Abstract**

This bachelor thesis deals with the topic of social support in old age and its specifics from the societal and individual perspective. The theoretical part is focused on contemporary social phenomena that are involved in shaping the final form of social support among the elderly. With regard to changes in the social support of the elderly, characteristics of different sources of social support and their different functions are listed. Attention is paid to the characteristics of effective and ineffective social support, its risks and its potential negative consequences, and the factor of personality in the social support. The proposal of a research project aims to explore the effect of volunteer activity in terms of anticipated social support of the elderly in residential facilities in the Czech republic.

## **Key words:**

social support, elderly, old age