

Abstract

The main topic of this bachelor thesis is crisis intervention for people taking care of their close ones (informal caregivers). This paper focuses on informal caregiving for elderly, sick or disabled family members and personal crisis which is habitually accompanying long term caregiving. The theoretical part is focused on informal caregivers, quality of life of informal caregivers, crisis, typology of crisis, help during a crisis and crisis intervention (its principles, forms, possibilities, and application). Practical part contains an analysis and evaluation of questionnaires filled in by informal caregivers from the Czech Republic.

The aim of my bachelor thesis is to point out the need to help informal caregivers in crisis situations that often accompany care. In the practical part of my work, my goal was to research the necessity of crisis intervention and the means that caregivers use in the crisis, be it formal or informal support from loved ones, as well as self-help in crisis.