

This diploma thesis is divided into two main parts - theoretical and empirical.

The theoretical part is focusing on the phenomenon of growing old. It maps different areas of difficulties in growing old, opportunities to safeguard seniors and social care in Czech Republic. There are current opportunities of seniors outlined, opportunities to spend their free time, to assert themselves to the society and to educate themselves.

The empirical part is focusing on a research which is also aimed to several areas of seniors' life - the level on which the seniors are informed about possibilities of the social safeguard and care, their attitude and opinion about those services, difficulties in growing old and difficulties in getting older of current seniors who exploit services in the mentioned areas.

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