

This work is engaged in an interface of health and self-sufficiency in old age.

The objective of this work is describing the relation of health and self-sufficiency in old age and its interface.

The work has a four parts. The first part contains an introduction to problems, demographic progress, and accesses to old age by political parties and ministries. The next part describes changes in old age and the term self-sufficiency.

The content of the third part is research on subjective sense of health and self-sufficiency between the occupiers of the rest home. In the last part are drafts of measures for target population.

The research in the rest home confirms the interface between health and self-sufficiency. When a person has lowered sense of health, then he depends more on other people.

In conclusion of the work are summarized the drafts of measures for target population. There is a need of higher knowing about all aspect of the old age. The next is necessity of support and help with adaptation on the situation in the old age. Also it is necessary to increase the effort for the best actuate of old people with target to maximum maintenance of their self-sufficiency.