

This bachelor thesis titled *Anti-Aging as the Support of Independence in the Old Age* covers the topic of population aging, which nowadays becomes particularly topical. The work describes the position of the Czech Republic on this problem and what measures are being prepared to overcome issues related to this topic. The thesis builds on the document “Národní plán přípravy na stárnutí na období let 2008 až 2012” (The National Aging Preparation Plan for 2008 to 2012) prepared by the Czech government and on a new medical field known as the anti-aging medicine. The author attempts to compare both attitudes to population aging and to draw conclusions that might lead to a solution of these issues to which the current society is being exposed.