INTRODUCTION

Internet of things can be anything in the world that are actually connected to the internet so if a person at this moment is reading a book or some article from a mobile phone or laptop it will definitely being connected to the internet. IOT is simply means gathering or collecting everything in our world to basically connect all things to the internet (Sengupta, Sawant, Dhanawade, Bhosale, & Anushree).

The concept of IOT is all about the internet and how power extended it is in the specific area beyond the mobile phones and computers to contain an entire group of things, environments and processes.

All connected things are then being used to make a group of information or sending information or it can be for both processes. The internet of things is predicted to provide businesses and people with better visibility and has the power to control 99% of environments and available objects that are at this time out of reach of the internet. So therefor, IOT make opportunity to people and businesses to be attached with the outside world even more than before that will achieve more meaningful work in higher levels.

In this research paper aims to design a Personal Assistance for seniors Who are Self-Reliant using IOT which will helps to monitor and give support for self-reliant old peoples.

ABSTRACT

This paper presents a remote health monitoring system focusing on the general well being of elderly people. The system provides several functionalities such as a wearable gadget to monitor the overall health condition of the patient and an android application software for relatives involved in eldercare.

The wearable gadget is run by a microprocessor and it will gather information using sensors. Moreover, it consists of some general functions such as one-button emergency call feature, medicine reminder, refill notification and Geofencing. By using GSM and GPS modules the patient's relatives, as well as an appointed doctor, can monitor real-time activities, see the condition of the patient remotely, receive emergency alerts and track location through an android app. The core purpose of the paper is to build a low budget monitoring system for elderly health care, developed focusing on user compatibility and reliability.

LIERATURE SURVEY

A literature review surveys books, scholarly articles, and any other sources relevant to a particular issue, area of research, or theory, and by so doing, provides a description, summary, and critical evaluation of these works in relation to the research problem being investigated.

This literature review was designed to support and expand this activity, by providing a foundation for enquiry and analysis, identifying key concepts and definitions of self-reliant peoples. Prolongation of human life is associated with higher morbidity and functional disability. Many individuals with severe disabilities are fully self-sufficient in quality high-end housing (lift, central heating, kitchen equipment. This reports on some of the findings of a literature review commissioned to explore integrated care for older people.

In addition to concerns about the impact that these factors have on the quality of care that older people receive, there had been increasing awarness that they have impact on the efficiency and effectiveness of the available services. For example, an older person may have an extended period of hospitalisation resulting from difficulties in arranging the necessary services to support them in the community rather than their need for specialist in-patient care. In this situation, ineffective use is made of the available hospital service and the overall cost of care is increased because in-patient care is more costly than care in the community.

At least 80% of seniors suffer from one chronic condition; 68% suffer from two or more. Smart devices—i.e., blood pressure monitors, glucose meters, oximeters, and pill dispensers—can help the elderly manage these conditions. Caregivers obtain data from various devices connected to the cloud, analyze and assess everyday life patterns of senior patients, and detect health problems before they escalate. If any deviation is suspected, a healthcare worker will be automatically notified.Technology advancements are also changing the way the elderly interact with healthcare providers, communicate with their loved ones.

IoT can also help seniors with everyday tasks. For instance, ordering groceries or pills can be as simple as asking a smart speaker to purchase the necessary items and then waiting for them to arrive.

ADVANTAGE
- Low-cost
- Less complex Circuitry
- Simple and efficient.
- Easy to install

APPLICATION
- Hospitals
- Homes

RESULT

AI and IoT have the power to enable healthcare providers to improve workflows, cut waste, reduce errors and shift human employees' focus from manual data entry to more complex tasks that require a human touch. It also helps in streamline administration functions like scheduling patient visits, maintaining sanitization standards, equipment utility tracking, and predictive maintenance of expensive equipment. For instance, if a hospital needs a set of equipment for a surgery, they can get it from medical devices and equipment manufacturers. The IT integrated technology helps here in tracking the usage of these equipment.