**PERSONAL ASSISTANT FOR SENIORS WHO ARE SELF RELIANT**

Abstract—Tracking the health of a person and proper medication improves their life time. Studies suggest the most of the deaths of the elderly people have occurred during the night when the person is asleep. A Caretaker cannot assist a person all the time. This work proposes a personal assistant for an elderly people or a patient. The Personal assistants can provide in-home respite care, allowing family members or other caretakers to take a temporary break. The main objective of this work is to help seniors maintain their quality of life at home and to keep them living their lives their way, as well as to lighten the load of full-time or family caretaker.

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