



## Personal Assistance for Seniors Who Are Self Reliant

- Sometimes elderly people forget to take their medicine at the correct time.
- They also forget which medicine He / She should take at that particular time.
- And it is difficult for doctors/ caretakers to monitor the patients around the clock. To avoid this problem, this medicine reminder system is developed.
- An app is built for the user (caretaker) which enables him to set the desired time and medicine. These details will be stored in the IBM Cloudant DB.
- If the medicine time arrives the web application will send the medicine name to the IoT Device through the IBM IoT platform.
- The device will receive the medicine name and notify the user with voice commands.

⌚ 10 minutes to prepare  
👥 1 hour to collaborate  
👤 2-8 people recommended

🔗 [Share template feedback](#)

➦

### Before you collaborate

A little bit of preparation goes a long way with this session. Here's what you need to do to get going.

⌚ 10 minutes

#### 1 Team gathering

Define who should participate in the session and send an invite. Share relevant information or pre-work ahead.

#### 2 Set the goal

Think about the problem you'll be focusing on solving in the brainstorming session.

#### 3 Learn how to use the facilitation tools

Use the Facilitation Superpowers to run a happy and productive session.

[Open article](#) →

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### Define your problem statement

What problem are you trying to solve? Frame your problem as a How Might We statement. This will be the focus of your brainstorm.

⌚ 5 minutes

#### PROBLEM

**Sometimes the elderly forget to take their medication at the appropriate time. They also forget which medication He or She should take at that time. It is also difficult for doctors and caregivers to monitor patients around the clock. This medicines reminder system was created to address this issue. A user (caretaker) app is created that allows him to set the desired time and medicines.**



**Key rules of brainstorming**  
To run an smooth and productive session

- 🗣️ Stay in topic. 🧠 Encourage wild ideas.
- ⏸️ Defer judgment. 👂 Listen to others.
- 🗣️ Go for volume. 👁️ If possible, be visual.

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### Brainstorm

Write down any ideas that come to mind that address your problem statement.

⌚ 10 minutes

#### Yuvraj Shankar

Patients information should be appropriate

Before the medication gets over, text clinic.

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#### Ramesh

Obtain access to the hospital information system

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#### Kavi Arasi

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#### Shakeeb Jari Shanavas

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### Group ideas

Take turns sharing your ideas while clustering similar or related notes as you go. Once all sticky notes have been grouped, give each cluster a sentence-like label. If a cluster is bigger than six sticky notes, try and see if you can break it up into smaller sub-groups.

⌚ 20 minutes

#### Mobile Application

Some alerts are sent to the phone numbers of the caregivers

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