

EMPATHY MAP

Personal Assistance for Seniors Who Are Self-Reliant

Gains:

- **Reminds the seniors to take the medicine at the correct time**, it prevents them from skipping the doses and makes them take the medicine regularly.
- **Help them to take the right medicine**, since the medicine reminder system acts as personal assistance that can alert them with the voice message of the medicine name, even though they forget what medicine to take at a particular time, they can be reminded of it.
- **Easier for the caretakers to monitor them** since the application reduces the work of the caretakers to remind the seniors to take their medicine.
- **Help them to take their medicines regularly**, since they get timely reminders for taking their medicine regularly.
- **The device is portable**, they can take it to places wherever they go.

Pains:

- One needs to store the correct medicine name and timing in the database, if in case wrongly stored or missed storing of some medicines or the timing of doses is incorrect, it can cause medical complications.

- It will be difficult for them if there are any technical issues and since it is IoT based it continually requires internet connectivity.

Problem Statement

Nowadays, the remarkable problem is that maintaining daily medication becomes very difficult for elderly people and they often forget to take the proper medicines in the proper proportion at the proper time. Medication adherence, which refers to the degree or extent to which a patient takes the right medication at the right time according to a doctor's prescription, has recently emerged as a serious issue because many studies have reported that non-adherence may critically affect the patient, thereby raising medical costs. Sometimes elderly people forget to take their medicine at the correct time. They also forget which medicine He / She should take at that time. And it is difficult for doctors/caretakers to monitor the patients around the clock since it is not possible for them to remind them of their medicine's dosage every time.