

Personal Assistance for Seniors Who Are Self-Reliant - Project Report

1. Introduction

1.1. Project Overview

- 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.

1.2. Purpose

- 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.

2. Literature survey

2.1. Existing problem

Elderly people let slip the medications at the correct time and the existing solutions for this problem is setting reminders or using pill boxes, calendars, Personal Assistance. Though the solutions give reminders, the voice commands or assistance given by this system is more efficient.

2.2. References

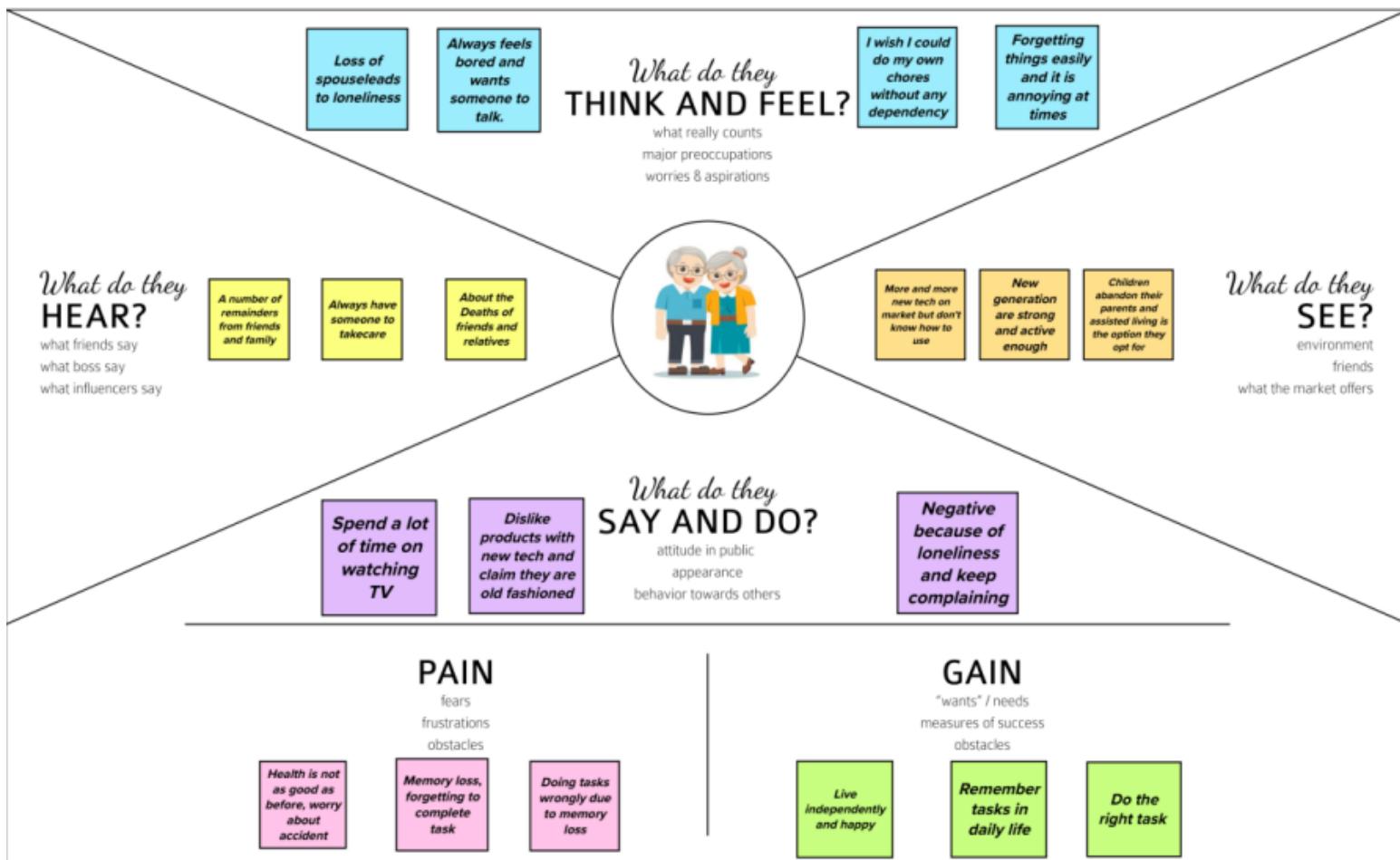
- 1) Visual Health Reminder: A Reminder for Medication Intake and Measuring Blood Pressure to Support Elderly People ; René Baranyi; Sascha Rainer; Stefan Schlossarek; Nadja Lederer; Thomas Grechenig
- 2) Cloud Computing based Medical Assistance & Pill Reminder ; A. Chinnasamy; Ram Prasad J; Syed Rafeeq Ahmed; Akash S

2.3. Problem statement definition

Skipping medicines can be serious for some medical health conditions; Sometimes elderly people forget to take their medicine at the correct time. They also forget which medicine one should take at that particular time. And it is difficult for doctors/caretakers to monitor the patients around the clock.

3. Ideation and proposed solution

3.1. Empathy Map Canvas



3.2. Ideation and Brainstorming

2

Brainstorm

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

10 minutes

TIP
You can select a sticky note and hit the pencil (switch to sketch) icon to start drawing!

D.LOGESH KUMAR

Creating alarm system	pill box	Reminder message
voice assistant	Writing about prescriptions	taking notes
Creating app	Creating reliable user interface in app	Phone voice reminder

B.MAIDESHVAR

Doctor to patient connection	app for reminding	checklist
chart of medicine	medical watches	high tech pill box
prepackaged dose from pharmacy	clock and calendar app	to-do list

S.HEMANTH

placing medicine in room often visited	placing to-do list wherever u often see	place brightly colored sticky notes
seven-day chart with each dose	to-do list including medication	check boxing monthly calendar
alarm paired with daily checklist	wearing medical watch	creating habit by doing things regularly

K.KRISHNAKUMAR

To keep track their medication	Application should be customizable	Place a note on the kitchen table or the refrigerator for mid-day medications
Customer requirements should full filled	It should dial Emergency contact	Set an alarm or reminder on your mobile device
play a game designed to motivate creating new habits	pre-pour medications into a pill box	taking clock that allows a family member to record reminders

3

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

TIP
Add customizable tags to sticky notes to make it easier to find, browse, organize, and categorize important ideas as themes within your mural.

3.3. Proposed solution

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Sometimes elderly people forget to take their medicine at the correct time. They also forget which medicine should be taken at that particular time. And it is difficult for doctors/caretakers to monitor the patients around the clock.

2.	Idea / Solution description	<ul style="list-style-type: none"> ➤ A 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.
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		➤ The device will receive the medicine name and notify the user with voice commands.
3.	Novelty / Uniqueness	➤ Keeping track of the medicines taken by the user at each time interval. ➤ Information is stored in the secured IBM cloud.
4.	Social Impact / Customer Satisfaction	The reminder system enables the user to take tablets at regular intervals prescribed by the physicians.
5.	Business Model (Revenue Model)	Direct Mode: We gain revenue from selling the medical reminder system to hospitals, medical health centres and even in old age homes. Indirect Mode: We gain profit by having partnership with pharmaceutical companies.
6.	Scalability of the Solution	The medical alert system can be used in hospitals, medical health centres and even in old age homes for dispensing medicines.

3.4. Problem Solution fit

Focus on J&P, tap into BE, understand RC	1. CUSTOMER SEGMENT(S) CS Our customers are people who require medical support; Also, our alert system can be used in hospitals and old age homes where people will require medical assistance.	6. CUSTOMER CONSTRAINTS CC Healthcare costs, lack of financial support, Difficulty with everyday tasks and mobility, Finding the right care provision and seclusion.	5. AVAILABLE SOLUTIONS AS The existing solutions for this project is setting reminders or using pill boxes, calendar, Personal Assistance. Though, the solutions give reminders, the voice commands or assistance given by this system is more efficient.	Explore AS, differentiate
Identify strong TR and EM	2. JOBS-TO-BE-DONE / PROBLEM J&P Skipping of medicines can be serious for some medical health conditions; in such cases this system would help the individual to take their medication on time.	9. PROBLEM ROOT CAUSE RC Sometimes elderly people forget to take their medicine at the correct time. They also forget which medicine one 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.	7. BEHAVIOUR BE Directly related: To download the web application so that the user can receive voice notifications on the connected IoT device. Through this application, the user can set the details of the medicine name and other details. Indirectly associated: Customers can be carefree and don't need a person round the clock to check on them.	Focus on J&P, tap into BE, understand RC
	3. TRIGGERS TR There are applications which already exist that give regular reminders to take medicines.			
Identify strong TR and EM	4. EMOTIONS: BEFORE / AFTER EM With this application built, which gives voice commands and alerting system which is more efficient in helping the elderly to take their medicines on time and can be carefree.	10. YOUR SOLUTION SL 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.	8. CHANNELS of BEHAVIOUR CH 8.1 ONLINE The customers should have the mobile application on their devices so that they can get regular voice commands. 8.2 OFFLINE The customer should have the device or mobile near them. Also, the customer should update the schedule.	Identify strong TR and EM

4. Requirement analysis

4.1. Functional Requirements:

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through Form Registration through Gmail
FR-2	User Confirmation	Confirmation via Email Confirmation via OTP
FR-3	Access Cloud services	Accessing the cloud service with correct credentials. Storing the details in the cloud database.
FR-4	IOT configuration	Fine Tuning the IOT device based Cloud DB access via device. Manage the data request and response effectively

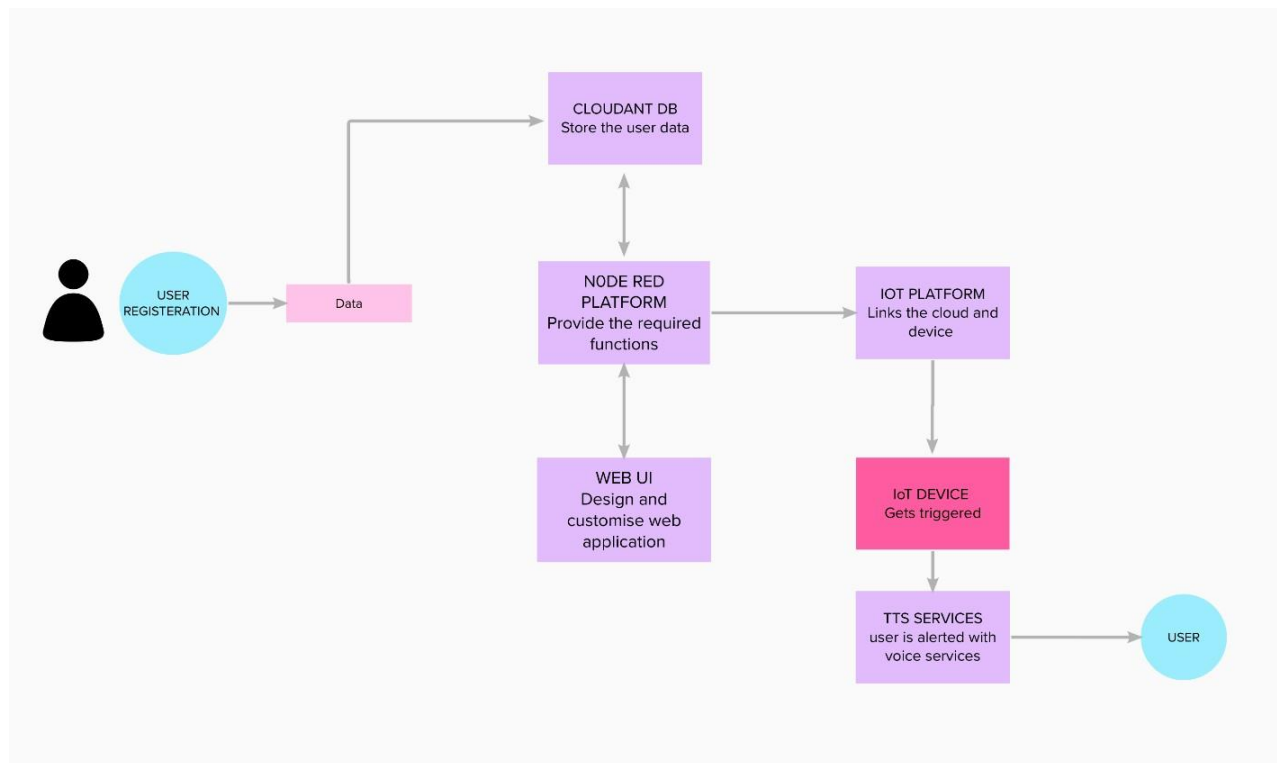
4.2. Non-functional Requirements:

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	App can be used by anyone who has knowledge about applications and computers.
NFR-2	Security	For security, TFA is enabled and biometrics are also added for user safety.
NFR-3	Reliability	Highly reliable since, It uses trusted and authentic cloud services like IBM

NFR-4	Performance	Performance is better compared to other marketproducts.
NFR-5	Availability	Available on mobile app.
NFR-6	Scalability	Using Cloud services, makes the scalability higher the using traditional locally stored database.

5. Project Design

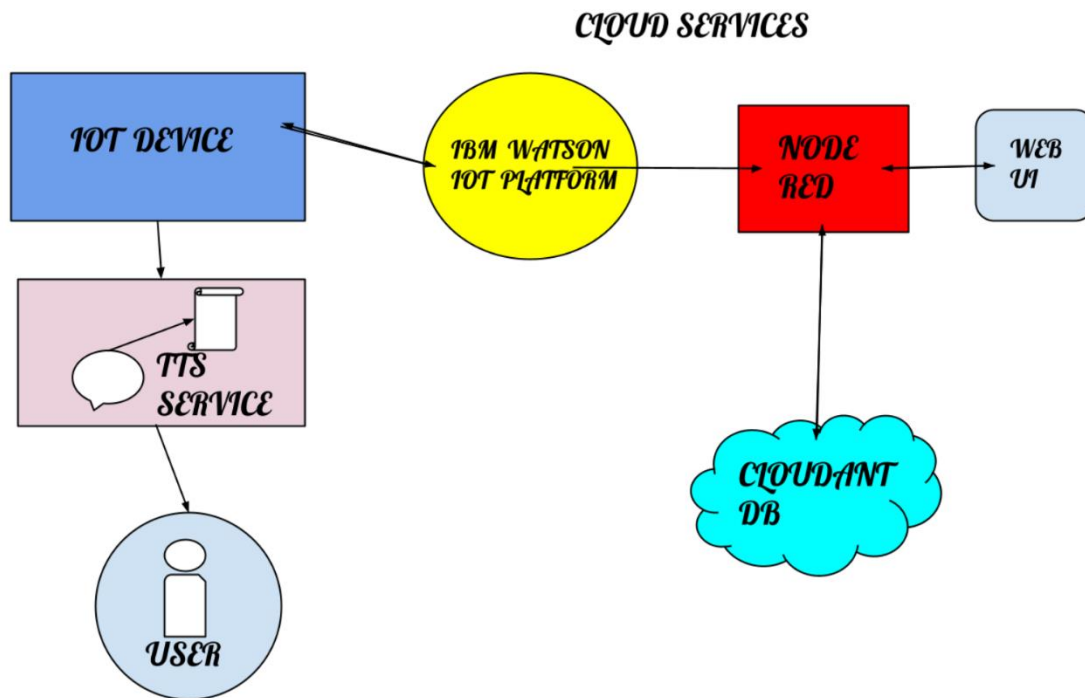
5.1. Data Flow Diagrams



5.2. Technical architecture

TECHNOLOGY ARCHITECTURE:

TEAM ID: PNT2022TMID00802



5.3. User Stories

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer (Mobile user)	Registration	USN-1	As a user, I can register for the application by entering my email or mobile number, password, and confirming my password.	I can access my account / dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1

		USN-3	As a user, I can register for the application through Gmail		Medium	Sprint-1
	Login	USN-4	As a user, I can log into the application by entering email or mobile number & password	I can access my account / dashboard	High	Sprint-1

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
	Dashboard	USN-5	As a user, I can update my reminders and medicines wherever required		High	Sprint-2
		USN-6	As a user, I can check the application whether the medicine dosage is completed.		Medium	Sprint-2
Customer Care Executive		USN-7	For any troubleshooting, the user can send a mail to the technical team.		Low	
Administrator		USN-8	Ensures smooth functioning and data warehousing strategies		Medium	Sprint-3

6. Project Planning and Scheduling

6.1. Sprint Planning and Estimation

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	Registration	USN-1	As a user, I can register for the application by entering my email or mobile number, password, and confirming my password.	2	High	Logesh Kumar D
Sprint-1		USN-2	As a user, I will receive confirmation email once I have registered for the application	1	High	Hemanth S
Sprint-		USN-3	As a user, I can register	2	Medium	Maideshvar B

1			for the application through Gmail		m	S
Sprint-1		USN-4	As a user, I can log into the application by entering email or mobile number & password	2	High	Krishna Kumar
Sprint-2	Login	USN-5	As a user, I can update my reminders and medicines wherever required	1	High	Logesh Kumar D
Sprint-2	Dashboard	USN-6	As a user, I can check the application whether the medicine dosage is completed	1	Medium	Maideshvar B
		USN-7	For any troubleshooting, the user can send a mail to the technical team	1	Low	Hemanth S
Sprint-3		USN-8	Ensures smooth functioning and data warehousing strategies	1	Medium	Krishna Kumar

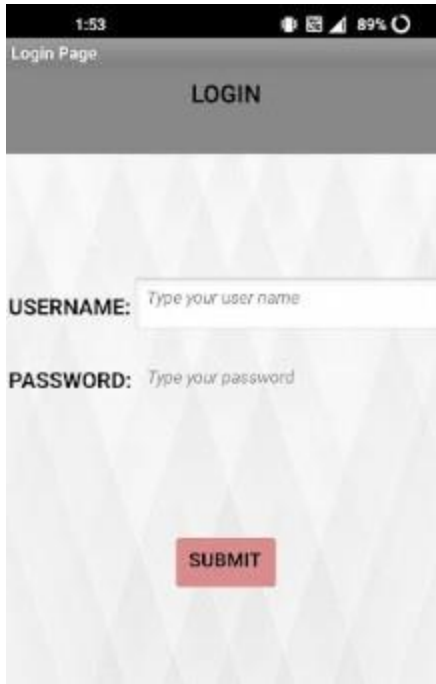
6.2. Sprint Delivery Schedule

Sprint	Total Story Points	Duration Sprint Start Date End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	10 Days 24 Oct 2022 03 Nov 2022	20	03 Nov 2022
Sprint-2	20	3 Days 4 Nov 2022 07 Nov 2022	20	07 Nov 2022
Sprint-3	20	5 Days 8 Nov 2022 12 Nov 2022	20	12 Nov 2022
Sprint-4	20	2 Days 13 Nov 2022 15 Nov 2022	20	15 Nov 2022

7. Coding and Solutioning

7.1 Feature 1

The mobile application developed has a feature of individual login by different users.



The screenshot shows a mobile application interface for a login page. At the top, the status bar displays the time 1:53, signal strength, and 89% battery. The app header is labeled "Login Page" and features a "LOGIN" button. The main content area has a light gray background with a subtle geometric pattern. It contains two input fields: "USERNAME:" with a placeholder "Type your user name" and "PASSWORD:" with a placeholder "Type your password". A red "SUBMIT" button is positioned below the password field.

7.2 Feature 2

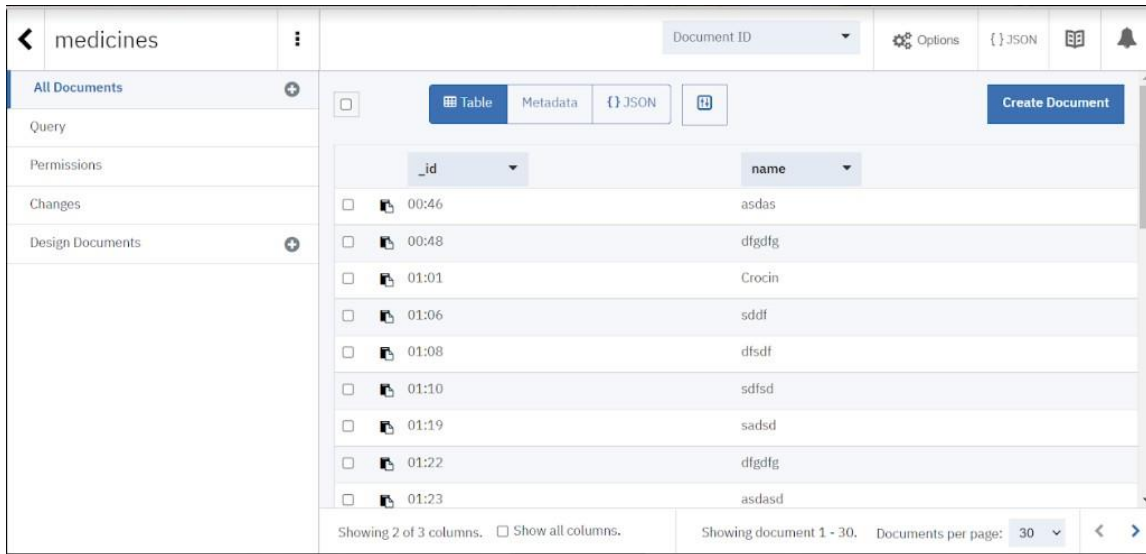
The mobile application also has the feature of uploading medicine names in the cloud.



The screenshot shows a mobile application interface for a "Medicine Details" page. The status bar at the top shows the time 2:00, signal strength, and 88% battery. The app header is labeled "Medicine Details". The main content area has a white background. It displays a "Welcome!!!" message, followed by the instruction "Please enter the medicine name and time below". There are two input fields: "Medicine Name:" with the value "Crocin" and "Medicine Time:" with the value "14:01". A green "SUBMIT" button is located below the time field. Below the submit button, the text "Updated Successfully" is displayed. At the bottom, there is a "Logout" button.

7.3. Feature 3

The project includes a cloud database system.



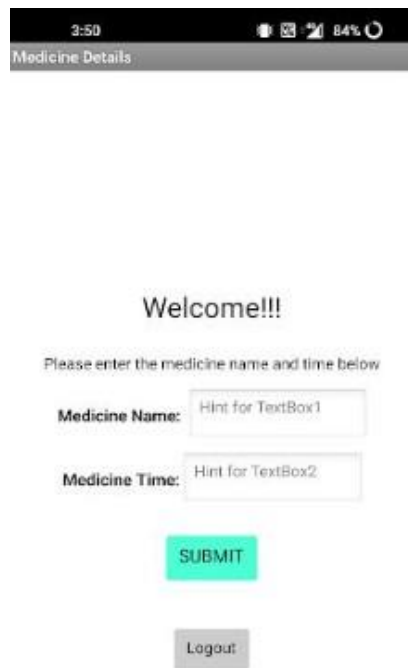
8. Testing

8.1. Test cases

Test case	Precondition	Test steps	Test data	Expected result
Verify login with valid credentials	User should have a network connection	1. Launch URL 2. Enter valid username. 3. Enter valid password. 4. Click on the “Login” button.	Username: Hemanth Password: 12345	Users should be able to login successfully.
Verify login with invalid credentials	User should have a network connection	1. Launch URL 2. Enter valid username. 3. Enter invalid password. 4. Click on the “Login” button.	Username: Hemanth Password: hemanth123	Users should not be able to login.
Update the medicine name with the time.	User should have a network connection	1. Enter valid medicine name. 2. Enter the time when the medicine has to be consumed. 3. Click on the “Submit” button.	Medicine Name: Crocin Medicine Time: 20.00	Users should be able to update it successfully.

8.2. User acceptance testing

Login page testing



3:50 84%

Medicine Details


Welcome!!!

Please enter the medicine name and time below

Medicine Name:

Medicine Time:

Incorrect login attempt



3:51 84%

Wrong Password

Try again!

Medicine page testing



2:00 88%

Medicine Details

Welcome!!!

Please enter the medicine name and time below

Medicine Name:

Medicine Time:

Updated Successfully

9. Results

9.1. Performance Metrics

S. NO	Parameter	Performance
1.	Response Time	0.2s (Average of 10 trials)
2.	Workload	500 users (Calculated based on Cloud Space)
3.	Revenue	Individual users and pharmaceutical industries.
4.	Efficiency	Simple and straightforward workflow, which makes the process efficient.
5.	Down Time	Almost no down time due to IBM Cloud enabled solution.

10. Advantages and Disadvantages

Advantages

- Help the elderly people to take their medicine at the correct time.
- Avoid personal assistants or caretakers needed for medically sick people.
- Cost efficient.
- Can store multiple data and many notifications can be generated.
- Since it includes voice assistance, even blind people can use our device.

Disadvantages

- Makes people lethargic and makes them dependent always on others.
- Requires a stable internet connection.

11. Conclusion

The project offers the elderly or medically sick people a personal assistant which reminds them of the medicines to be consumed at the particular time. Skipping tablets may lead to serious problems if the person has a severe illness and this can be avoided. Since the cloud is integrated with the mobile application, numerous data can be fed into the database and notifications can be generated. The mobile application developed is highly customisable by the user and easy to use.

12. Future Scope

The project can be further developed by bringing into the feature of informing the medicine name during the notification. The voice assistance which is given can be customized by adding the user's voice or the caretaker's voice. Further the mobile application can update medicines by taking voice commands as an input from the user.

13. Appendix

Source Code:

```
#include <WiFi.h>//library for wifi
#include <PubSubClient.h>//library for MQTT
#include "SoundData.h"
#include "XT_DAC_Audio.h"
XT_Wav_Class Sound("voice_command.wav");
XT_DAC_Audio_Class DacAudio(2,0);
uint32_t DemoCounter=0;

void callback(char* subscribetopic, byte* payload, unsigned int payloadLength);

//-----credentials of IBM Accounts-----

#define ORG "ut4tn5"//IBM ORGANITION ID
#define DEVICE_TYPE "Arduino"//Device type mentioned in ibm watson IOT Platform
#define DEVICE_ID "nitish123"//Device ID mentioned in ibm watson IOT Platform
#define TOKEN "123456789" //Token
String data3;
float h, t;

//----- Customise the above values -----
char server[] = ORG ".messaging.internetofthings.ibmcloud.com";// Server Name
char publishTopic[] = "iot-2/evt/Data/fmt/json";// topic name and type of event perform and
format in which data to be send
char subscribetopic[] = "iot-2/cmd/test/fmt/String";// cmd REPRESENT command type
AND COMMAND IS TEST OF FORMAT STRING
char authMethod[] = "use-token-auth";// authentication method
char token[] = TOKEN;
```



```
char clientId[] = "d:" ORG ":" DEVICE_TYPE ":" DEVICE_ID;//client id
```

```
//.....
```

```
WiFiClient wifiClient; // creating the instance for wificlient
```

```
PubSubClient client(server, 1883, callback ,wifiClient); //calling the predefined client id by  
passing parameter like server id,portand wificredential
```

```
void setup()// configureing the ESP32
```

```
{  
  Serial.begin(115200);
```

```
  
  delay(10);  
  Serial.println();  
  wificonnect();  
  mqttconnect();  
}
```

```
void loop()// Recursive Function
```

```
{  
  
  
  
  
  
  
  
  
  delay(1000);  
  if (!client.loop()) {  
    mqttconnect();  
  }  
}
```

```
/*.....retrieving to Cloud.....*/
```

```
void mqttconnect() {  
  if (!client.connected()) {  
    Serial.print("Reconnecting client to ");  
    Serial.println(server);  
    while (!client.connect(clientId, authMethod, token)) {
```

```

    Serial.print(".");
    delay(500);
}

    initManagedDevice();
    Serial.println();
}
}
void wificonnect() //function defination for wificonnect
{
    Serial.println();
    Serial.print("Connecting to ");

        WiFi.begin("Wokwi-GUEST", "", 6);//passing the wifi credentials to establish the
connection
    while (WiFi.status() != WL_CONNECTED) {
        delay(500);
        Serial.print(".");
    }
    Serial.println("");
    Serial.println("WiFi connected");
    Serial.println("IP address: ");
    Serial.println(WiFi.localIP());
}

void initManagedDevice() {
    if (client.subscribe(subscribetopic)) {
        Serial.println((subscribetopic));
        Serial.println("subscribe to cmd OK");
    } else {
        Serial.println("subscribe to cmd FAILED");
    }
}

void callback(char* subscribetopic, byte* payload, unsigned int payloadLength)
{

    Serial.print("callback invoked for topic: ");
    Serial.println(subscribetopic);
}

```

```

for (int i = 0; i < payloadLength; i++) {
    //Serial.print((char)payload[i]);
    data3 += (char)payload[i];
}

Serial.println("data: " + data3);
if(data3=="announce")
{
Serial.println(data3);
for(int i=0;i<5;i++){
DacAudio.FillBuffer();
if(Sound.Playing==false)
    DacAudio.Play(&Sound);
    Serial.println(DemoCounter++);
}
}

else
{
    pass;

}
data3="";

}

```

Github link: <https://github.com/IBM-EPBL/IBM-Project-3630-1658584914>

Project demo link : <https://youtu.be/ntUMOqGUA6o>