



V.S.B. ENGINEERING COLLEGE

(Approved by AICTE, New Delhi, Affiliated to Anna University)

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IBM Nalaiya thiran

IDEATION PHASE

Title Name : Personal Assistance for Seniors Who Are Self-Reliant

Domain Name : Internet Of Things

Leader Name : S.Keerthana

Team Members : K.Rajeswari

R.Mahalakshmi

M.Priyanka

Mentor Name : T.Sivalingam

PROBLEM STATEMENT :

A senior living in the family home **can upset the family dynamics**. Being a family caregiver is a demanding role. The added caregiving stress can take an emotional, physical, and mental toll on family members. Family members are torn between taking care of their own families and the senior.

PROPOSED IDEAS :

We find that working with older adults on their own goals while making small changes to the home environment is powerful medicine," says Szanton, who launched the program in Baltimore, MD and has since seen it piloted in Michigan among lower-income older adults on Medicaid and Medicare. Her study, Preliminary Data from Community Aging in Place, Advancing Better Living for Elders, a Patient-Directed, Team-Based Intervention to Improve Physical Function and Decrease.

Nursing Home Utilization: The First 100 Individuals to Complete a Centers for Medicare and Medicaid Services Innovation Project, appears in The Journal of the American Geriatrics Society.

“We provide pretty much whatever they need,” says Jennings. “If they need errands done, if they want to go shopping, we provide that. It just depends upon the individual.”For many, something as simple as a weekly trip to the mall can mean the difference between living on their own and having to move into an assisted living facility. It also greatly impacts their quality of life.

“I feel like when they live in their home, they still have that independence. They still have that desire to go on and live,” says Jennings. “I also think it’s very important that they are able to keep their pets, because a lot of times their pets are the only thing they have left.Household maintenance. Keeping a household running smoothly takes a lot of work. If you’re finding it hard to keep up, you can look into laundry, shopping, gardening, housekeeping, and handyman services. If you’re having trouble staying on top of bills and appointments, financial and healthcare management may also be helpful.

Transportation. Transportation is a key issue for older adults. Maybe you’re finding it hard to drive or don’t like to drive at night. Having access to trains, buses, rideshare apps, reduced fare taxis, and senior transportation services can help prolong your independence and maintain your social network