**PERSONAL ASSISTANCE FOR SENIOR’S WHO ARE** **SELF-RELIANT**

**ABSTRACT:**

In this report,a remote health monitoring system focusing on the general wellbeing of elderly people. In this work, a flexible and extensive digital platform for Smart Homes is presented, exploiting the most advanced technologies of the Internet of Things, such as Radio Frequency Identification, wearable electronics, Wireless Sensor Networks, and Artificial Intelligence.The wearable gadget is run by a microprocessor and it will gather information using sensors.By using GSM and GPS modules the patient's relatives, as well as an appointed doctor, can monitor real-time activities, see the condition of the patient remotely, receive emergency alerts and track location through an android app. The core purpose of the paper is to build a low budget monitoring system for elderly health care, developed focusing on user compatibility and reliability.

**LITEARTURE SURVEY:**

In this study, review provided an overview of the areas that older adults living at home with chronic conditions in the UK might need care and support with. It was clear from the evidence reviewed that older adults living with chronic conditions are faced with some challenges in their social lives, psychological health, and activities related to self-care, domestic lives and mobility. It was also clear that despite these challenges older adults valued independence and demonstrated a desire to cope with their illness. However, lack of professional support and barriers associated with some services interfered with these efforts, highlighting the fact that many services and care delivery models are still not based on the needs of older adult. Thus, these findings reinforced the importance of tailoring interventions and support services that take into consideration the needs of older adults.

**REFERENCE:**

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**URL:**

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# URL:

https://www.researchgate.net/publication/317237193\_Using\_Intelligent\_Personal\_Assistants\_to\_Strengthen\_the\_Elderlies'\_Social\_Bonds

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