There are several ways that Sunita Sharma (65+ years old) can live a healthier and better life:

1. Exercise: Regular exercise is important for maintaining physical and mental health, reducing the risk of chronic diseases, and improving overall quality of life. Encourage Sunita to engage in activities that she enjoys, such as walking, yoga, or swimming, and to gradually increase the intensity and duration of her exercise routine.
2. Healthy Eating: A balanced and nutritious diet is essential for maintaining good health. Help Sunita to choose foods that are rich in nutrients and low in calories, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. Encourage her to limit her intake of processed and high-calorie foods.
3. Social Interaction: Social interaction is important for mental and emotional health. Encourage Sunita to stay in touch with family and friends, join social groups or clubs, and engage in activities that she enjoys.
4. Regular Health Check-ups: Regular health check-ups can help detect health problems early and prevent serious complications. Encourage Sunita to schedule regular check-ups with her healthcare provider and to follow any recommended screenings or tests.
5. Mental Health: Mental health is important for overall well-being. Encourage Sunita to engage in activities that promote relaxation and reduce stress, such as meditation, deep breathing exercises, or taking up a hobby.

In addition to these lifestyle changes, technology can also play a role in improving Sunita's health and well-being. For example, wearable devices such as fitness trackers can help her monitor her physical activity and track progress towards her fitness goals.

One use case for elderly care is a medication reminder system. This can be especially helpful for seniors who have to take multiple medications at different times throughout the day.