**Project Proposal**

Topic: “AGE-less”

*Problem Statement:*

Immediate health reach for people especially above the age of 60 is critical. Due to their age and dependency on others this is becoming a concern. In the world of Internet of things where we are trying to connect all devices, new and old, to each other in order to make daily life easier with the help of technology, requirement is to develop one such application/system for elderly people through which they can be assisted to get immediate health support. Technology would enable them to remain connected to doctors and their dependents. Alerts would be sent to dependents.

*Objectives:*

* To enable elderly people to be self-dependent in terms of their health.
* Be more active through daily routine of exercises
* Know their health statistics through regularly generated report
* Ability to send the report/alert of abnormal condition to doctors And dependents.
* Prompts to take appointment with a doctor(suggests list of specialized doctors)
* Allows video conference with the doctor (no need to go to the hospital/clinic)

*Roles:*

* User Role(patient)
* Doctor Role
* Dependent Role(Spouse, Children, Siblings)

*Problem:*

Elderly people whether living alone, separate from their kids, in old age homes or even with families are usually dependent on other people to take care of their health checkups, follow up with doctors, their recovery/progress monitoring and even sometimes to take medicines on time. This is a concern not only because it affects the elderly people which form about 10% of the world’s population approximately but also affects equally their dependents who live away from them. There is requirement of digitizing of this process and to connect patients with doctors and their health abnormalities to be alerted to them, their dependents and doctors to take act upon.

*Solution:*

The automated application (or system) as a whole would comprise of wearable devices which record the pulse rate, heartbeat of the patients. This will also connect to blood pressure recording machines, the cameras for monitoring the patients and for enabling video chat with the doctor and other equipment. The objective is to collect data from all these devices, analyze and process it based on logic and parameters like ideal pulse rate, sugar level, etc. specific to a patient based on his/her medical history. There would be an interface which can be operated by any of the users (roles). Application will have access and permissions to provide secure access to the patient data.

It will also provide interface for the patient to enroll for a healthy life style program where, the system takes input like, BMI and previous ailment history to generate a list of exercises, walk, yoga or meditation etc. If the patient enrolls for any program the system will alert them every day for their time for walk or exercise etc. These alerts can be sent by means of in app notifications.

*Challenge:*

It’s an irony that at one end where the young generation is fully engrossed into technology, some of the elderly people in the same society aren't even aware of using mobile devices, tablets / ipads, wearable bands. So the biggest change for this implementation will be a basic rudimentary training for the users so that they can make use of this amazing digitization to make their lives simpler and healthier.