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In Collaboration with

ROBERT GORDON UNIVERSITY ABERDEEN

**Multimodal Fall Detection System**

**For Elderly Persons**

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# INTRODUCTION

## Chapter Overview

The aim of this project is to introduce a sophisticated fall detection system capable of predicting and detecting falls or near-fall events. Many elderly individuals, especially those over 65, are often left in isolated conditions, leading to high mortality rates due to falls and their lasting effects. Given their vulnerable state, including issues like joint aches and arthritis, many elderly people struggle with self-care.

The proposed solution is an automated system that prevents falls and ensures timely assistance when needed. By leveraging the Internet of Things (IoT), user movements and status can be effectively monitored, even in the absence of a caregiver. This document outlines the development and functionality of our fall detection system, which aims to prevent falls and alert appropriate authorities promptly.

## Problem Domain

Elderly individuals aged 65 and above are particularly vulnerable to fall-related injuries, which have significantly contributed to increased mortality rates in this age group, as such injuries are often fatal. A study on a “Low-cost fall detection system” revealed that an estimated 684,000 individuals die from falls each year, with adults over 60 experiencing the highest number of fatal falls (Fitriawan, et al., 2024).

The causes of these injuries are closely tied to the isolation many elderly individuals face, with little to no supervision over their activities due to the absence or high cost of caregivers. Support services, while available, are often expensive, placing a financial burden on users. According to a study, many elderly individuals struggle to fund long-term healthcare solutions due to limited income (RIVLIN, 1988).

Even for those who can afford caregiving services, it is not feasible to ensure constant supervision. Caregivers may not always be available during critical moments or locations, as they often need to attend to other tasks. This gap in continuous monitoring leaves elderly individuals vulnerable to falls.

The increased risk of falls among elderly individuals compared to younger people can be attributed to several factors, which will be further explored in this document.

* Physical Decline due to aging as joints and muscles no longer function the same
* Chronic health problems such as arthritis can cause falls as well
* Sensory impairments such as a detachment from their sight could lead to walking into objects unexpectedly, hence causing them to fall
* Medical Side Effects may be another cause given the potency and severity of the drugs consumed by the target populi

Some of the consequences experienced by these individuals may be permanent and could quite potentially lead to a death inducing injury, so to prevent the possibility of such a process occurring a solution where the individual is closely monitored is required.

## Problem Definition

Elderly individuals, particularly those over 65, face a high risk of falls due to age-related physical decline, sensory impairments, and chronic conditions like arthritis. These factors, combined with medication side effects, significantly increase their vulnerability. Unfortunately, many elderly people live alone, often without access to immediate help when they fall, leading to serious injuries or even death. Falls are a leading cause of accidental injury deaths among this age group, with long recovery times or permanent disability being common outcomes.

While caregivers provide some relief, they are costly and not always available. Family members also can’t always be present, leaving these individuals at risk. A reliable, cost-effective solution that can monitor and predict falls in real-time, such as an IoT-based system, could allow elderly individuals to live independently while reducing the risks associated with falls, improving their safety and quality of life.

## Research Motivation

This research is motivated by the need to address falls among the elderly, a leading cause of injury often disregarded and overlooked in existing solutions. By developing an enhanced, cost-effective system that combines real-time fall detection, prediction, and prevention through advanced data analysis and joined models, we aim to significantly reduce fall incidents. The goal is to empower elderly individuals to live more independently and safely, providing timely interventions, minimizing injury risks, and offering peace of mind to families while improving their overall quality of life.

## Existing Work

Table 1: Table for Literature Review

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Citation** | **Technology/Algorithm Used** | **Dataset** | **Advantages** | **Limitation** | **Metric** |
| **Posture Detection using Image Processing API for fall detection** | | | | | |
| (KANDAGATLA, 2022) | Makesense.ai utilized to create labels for each move made in the dataset such that each image has a label appended to it | Fall\_dataset | Can be utilized to develop a complex fall detection system using the provided dataset | Due to the poor joint mappings because of poor visibility for some joints, there may be some false positives | Number of non-falls: 3124  Number of falls: 3784 |
| **Use of Accelerometers and Gyroscopes along with ML models for fall detection** | | | | | |
| (Li, et al., 2009) | A threshold-based fall detection algorithm using tri-axial accelerometers and gyroscopes.  Divides human activities into static postures and dynamic transitions. | The dataset includes activities of daily living (ADL), fall-like motions, and different types of falls (e.g., forward, backward, on stairs) | Reduces false positives and negatives.  Low computational cost and real-time response. | Difficulty distinguishing between jumping into bed and falling against a wall with a seated posture. | Sensitivity: 91%  Specificity: 92% |
| **Real-Time Data Analysis for Event Prediction in Fall Detection** | | | | | |
| (Nguyen, et al., 2024) | Non-vision-based (wearable sensors) vs Vision-based (image sequences, skeleton modeling).  YOLOv3-tiny (for real-time object detection) and DeepSORT (for human tracking).  AlphaPose for high-accuracy skeleton | RGB-D images and skeleton sequences captured by Kinect sensors. | High detection accuracy with YLOv3-tiny and DeepSort  Preprocessing reduces false positives | RNNs used struggle with long sequences  Falls lasting 400 to 1600ms require precise timing | over 99% accuracy on both standard and custom datasets for fall detection. |
| **Monitoring Heart to Predict Fall Risk** | | | | | |
| ‌ (Malheiros, et al., 2017) | Fall detection system that utilizes an accelerometer/gyroscope for body positioning and a heart rate monitor to track heart rates | Dataset consists of patients from ward that have had symptoms of poor heart rates and resulting falls, source is N/A | Real time data analysis for active tracking and automated alerts with body positioning may be used as references for the fall detection project | Device consumes a lot of power and placement/quality of sensors may provide inaccurate and poor feedback leading to poor results when referred to | Body, walking and falls position were satisfactory in 100%, 90% and 60% of the cases in a controlled environment (laboratory) |

## Research Gap

Existing fall detection systems typically rely on a single data stream, such as motion sensors or posture detection, which limits their ability to predict falls with high accuracy. These systems primarily focus on detecting falls after they occur and often lack the capability to foresee potential fall risks. This project aims to address this gap by integrating multiple data streams, including real-time posture detection and motion sensors (gyroscope and accelerometer) for immediate fall detection, and abnormal heart rate level monitoring to assess fall risks.

By combining these streams, the system can predict potential fall events based on factors like high or low heart rate levels, while also providing rapid detection through sensor data. Additionally, user-provided data such as BMI, age, gender, weight, and heart rate (BPM) will further enhance the accuracy of fall risk predictions. This approach creates a more comprehensive and proactive fall prevention solution. This project uniquely addresses this gap by considering multiple modes of input to achieve higher accuracy and fall prediction capabilities that existing research has not yet accomplished.

## Contribution to the body of knowledge

### Domain Contribution

The models will be trained to deliver a comprehensive, multilayered solution capable of detecting and predicting falls with greater accuracy. The domain contribution can be broken down into the following points:

1. Enhanced Accuracy – The combination of three main models - fall detection through posture analysis, sensor data (gyroscope and accelerometer), and monitoring of abnormal heart rate levels leads to improved system accuracy. This reduces false positives and false negatives, making the system more reliable and effective in real-world use.
2. Fall Prediction and Prevention – The system offers a novel approach by predicting potential falls based on physiological data like heart rate levels. While vision data and sensor data detect falls, abnormal heart rate measurements, such as unusually high or low readings, signal the risk of a fall. This allows the system to notify caregivers or medical professionals, enabling preventive measures to be taken before a fall occurs, which adds a critical layer of early fall prediction and prevention. This aspect has not been thoroughly explored in previous systems.
3. Broader Involvement in Elderly Care Systems – Given that falls are one of the leading causes of injury among the elderly, the implementation of such a comprehensive system can have a significant impact on improving safety for this vulnerable population. By offering real-time monitoring and predictive alerts, our system empowers caregivers and healthcare providers with valuable information, enabling them to make better decisions regarding the care and well-being of elderly individuals.

Additionally, the project contributes to the field of data science by promoting the use of multimodal systems. With models that integrate posture detection, sensor data, and physiological measurements, our project supports the development of hybrid models, which remains a broad and actively researched area in data science today.

### Technological Contribution

The key technological contribution lies in the multi-modal integration of different input streams, from posture detection to sensor data (gyroscope and accelerometer), combined with heart rate monitoring. This integration enhances the system's ability to predict and detect falls with greater accuracy.

By assessing the user’s physiological state (specifically through heart rate levels) along with physical postures and movements, our system introduces an innovative approach to fall detection. To summarize this segment, even though fall detection is a well-established field, the following points highlight our project's unique contributions to the technological domain:

* Multimodal data integration
* Accurate and immediate real time fall detection
* Hybrid Model Development

## Research Challenges

* **Data Fusion and Synchronization** – Synchronizing data from multiple sources (posture detection, motion sensors, heart rate monitoring) with different sampling rates is challenging. Proper data fusion is crucial to ensure accurate real-time performance.
* **Real-Time Processing and Computational Load –** Handling multiple data streams in real time can strain system resources, particularly on mobile or wearable devices. Optimizing for speed and accuracy without overwhelming the system is a significant challenge.
* **User Variability and Adaptation –** User differences in movement patterns and heart rate responses require models that adapt to individual needs. Designing a flexible system to handle this variability adds complexity to the development.
* **False Positives and False Negatives** – Balancing sensitivity and specificity are critical to reducing false positives (incorrect fall alerts) and false negatives (missed falls), ensuring reliable and accurate fall detection.
* **Privacy and Security Concerns –** Continuous monitoring raises privacy concerns. The system must securely handle sensitive physiological and movement data while maintaining user trust.

## Research Questions

1. How can real-time data from sensors and monitoring devices be effectively integrated to ensure the accuracy and timeliness of fall detection and prediction?
2. To what extent could heart rate analysis reliably predict an individual’s likelihood of falling in comparison to other risk factors?
3. How will the system differentiate between fall-related movements and non-critical activities to minimize false alarms in everyday scenarios?
4. What methods will be used to assess the effectiveness of the system in a real-world setting, and how will the results be measured to ensure reliability and scalability?

## Research Aim

To conclude what the research’s aim is, it is to attain a system that is capable of detecting and predicting a fall that a user is to experience before they can experience it such that they are instead saved from it, this solution is also to be a more cost effective and friendly one such that it is more inexpensive when compared to regular healthcare.

## Research Objectives

Table 2: Table for research objectives

|  |  |  |
| --- | --- | --- |
| Research Objective | Explanation | Learning Outcome |
| Problem Identification | **RO1: Development of a Multimodal Fall Detection System**: The project successfully designs and implements a multimodal fall detection system that combines data from motion sensors, posture detection, and heart rate monitoring, offering a comprehensive approach to detect and predict falls among elderly individuals.Top of FormBottom of Form  **RO2:** **Improved Accuracy of Fall Detection and Prediction**: The system demonstrates enhanced accuracy in both fall detection and prediction through the fusion of multiple data streams, reducing false positives and false negatives in comparison to existing fall detection systems.  **RO3:** **Real-Time Processing and Alerts**: The system achieves efficient real-time data processing, allowing for timely alerts to caregivers or emergency services when a fall is detected or predicted, improving response times and potentially preventing serious injuries.  **RO4:** **Integration of Heart rate Monitoring for Fall Prediction**: The inclusion of ambulatory heart rate monitoring (ABPM) successfully predicts potential falls by detecting heart rate-induced risks, adding a predictive layer to the system’s capabilities.  **RO5:** **User Adaptability and Customization**: The system is designed with adaptability in mind, allowing it to cater to individual users by learning their unique movement patterns and health conditions, leading to more personalized fall detection and prevention.  **RO6:** **Addressing Privacy and Security Concerns**: The system ensures that user data, including motion and health metrics, is securely stored and transmitted, addressing privacy concerns associated with monitoring elderly individuals in their homes.  **RO7:** **Cost-Effective Fall Prevention Solution**: The project demonstrates that an IoT-based fall detection system can be implemented as a cost-effective alternative to full-time caregiving services, making it accessible to a wider range of elderly individuals living independently. | LO1 |
| Literature Review | The literature review aims to cover already explored and covered research’s that have been carried out over our project, inclusive of them following similar ideas and concepts. Having listed these similar works out, we also intend on pointing out useful documents and articles that cite and prove certain facts and claims our study makes within the domain of elderly people (age 65 +) falling. Finally, to address ethical constraints, we intend on referring to papers that explain how we may tackle these issues and limitations such that they are properly addressed and dealt with, etc. | LO1 |
| Data Gathering and analysis | * Interviews with medical professionals with the fields of physiotherapy and elder care to understand their needs and probabilities into how they are to fall * Questionnaires on how useful this may be to isolated elders to see how useful the project is to be * Data for research papers are to be collected from IEE Data Port, Google Scholar, etc * Journal, Articles, Books published within 2021 to 2024 | LO2, LO3 |
| Research Design | Quasi-experimental design – since randomization is not possible due to ethical and logistical constraints, and we are comparing the outcomes of pre-existing groups to evaluate the effectiveness of different fall detection algorithms in elderly individuals. (Scribbr, 2024) | LO3, LO4 |
| Implementation | 1. The implementation of a web-based UI to handle and manage interactions with the system is to be expected  2. Implementation of a machine learning model to take in new data without relying on trained data is to be expected as well  3. Develop a real-time multimodal fall detection and prediction system by integrating posture detection, motion sensors, and monitoring data streams into a unified machine learning model. | LO2, LO3, LO4 |
| Testing and Evaluation | Surveys and questionnaires will be used to gather feedback from end-users, caregivers, and healthcare professionals regarding the usability, effectiveness, and reliability of the fall detection system, alongside pilot testing to evaluate its performance in real-world scenarios (QuestionPro, 2024) | LO2, LO4 |

## Project Scope

### In scope

|  |  |
| --- | --- |
| No | Description |
| 1 | Predict if a person is about to fall |
| 2 | Monitor the users’ vitals such that they are not put at a risk |
| 3 | Alert the proper authorities when such an event |
| 4 | Monitor the user’s heart rate, body position using the gyroscope and accelerometer, and posture through the camera |

Table 3: In-scope project elements

### Out scope

|  |  |
| --- | --- |
| No | Description |
| 1 | Make the web UI available on all kinds of devices with all kinds of language support |
| 2 | Make an application instead of a web-based UI for better performance and quality in terms of user engagement |
| 3 | Amend the model to develop medical reports of the user with the ability to pinpoint potential medical conditions as well |
| 4 | Train the model such that it can detect long term illnesses as well while making amends to the hardware such that it may be used for a longer time |

Table 4: Out-scope project elements

### Feature Prototype

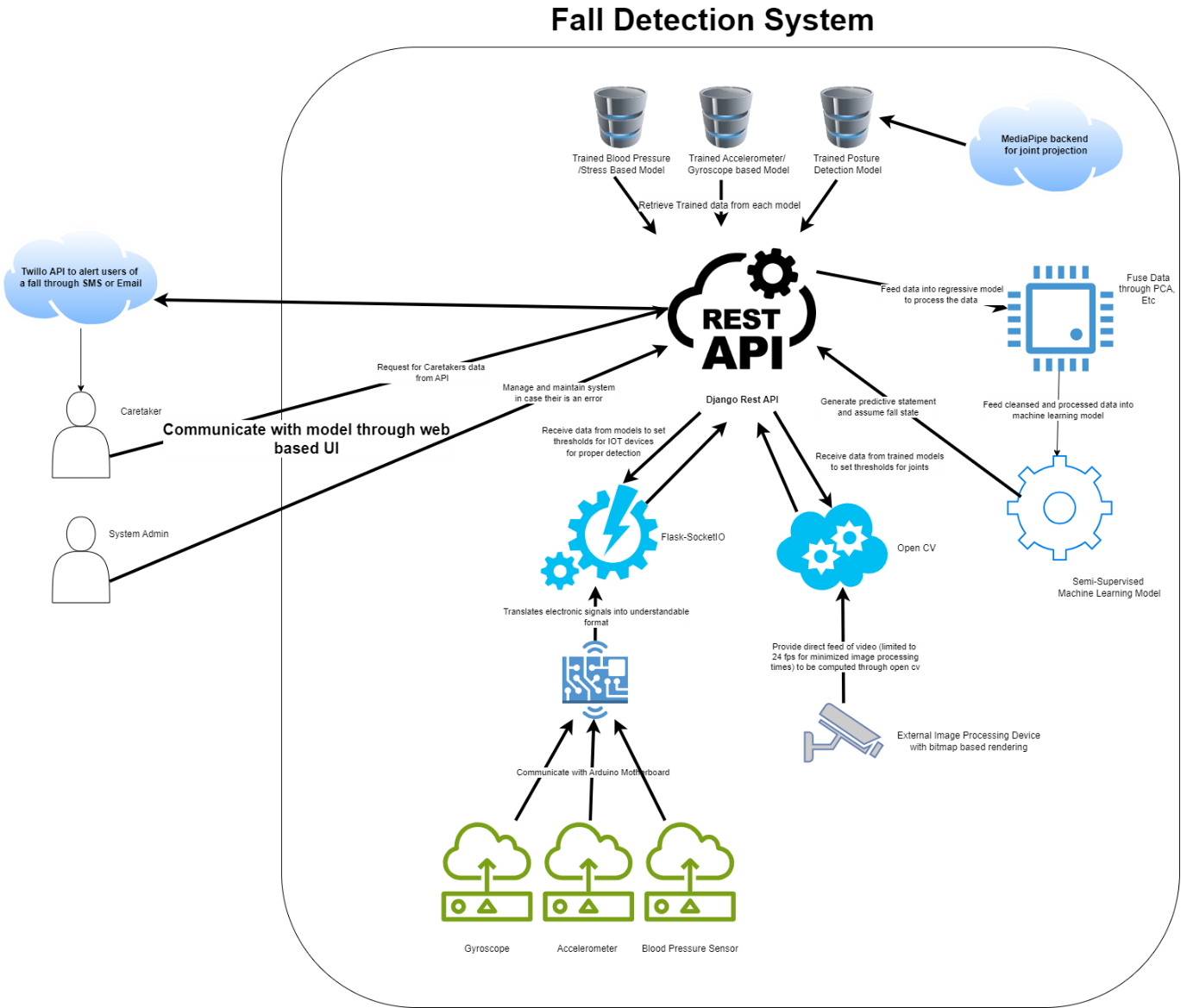


Figure 1: Feature Prototype Design

#### 1.12.3A Process Breakdown

In terms of the process taking place in the diagram above, regard the following steps to understand the general workflow:

* 1. The device is mounted onto the user and the sensors begin collecting data of the user the device is mounted onto.
  2. The data is then passed through each API (Flask SocketIO, mediapipe and Open CV), each of which translates the inputted signals and images into a processable format.
     + Flask-SocketIO : API used to translate communications made between IOT devices and python
     + Mediapipe : Regarded for the joint projection libraries
     + Open CV: Framework utilized to compute images and videos into numerical formats while supporting the use of MediaPipe based frameworks for joint projection
  3. After the data is passed into Django it is then pushed through into the data pre-processing module where it is broken down into its key components
  4. Django then retrieves the known data from the trained models and passes it onto the machine learning model to have the system compute whether the user is in the process of falling
  5. The machine learning model is tasked with unifying and fusing all the data streams together through models such as TensorFlow to process the general outcome of a person that may fall
  6. If the system returns a positive, an alert is sent to the caretaker who interacts with the system (through an API such as Twilio) to alert them of the user falling

## Resource Requirements

Refer to the following to see the fundamental requirements of the project in terms of the mentioned components:

### Hardware Requirements

* **MPU6050** – Combined Accelerometer and Gyroscope sensor for movement processing and tracking
* **Logitech BRIO Ultra HD Webcam** – Relatively cheap camera (alternates may be used as long as it’s a webcam) for posture analysis
* **Arduino UNO board** – For the sensors to interface with the application
* **CPU (Intel Core i7 10th generation processor or higher)** – A better processor may be ideal for optimal performance given its processing capabilities
* **16Gb ~ 32Gb of DDR4 RAM** – For processing heavy loads in the training process of each model
* **Storage (64Gb~128Gb) as a minimum** – To store the datasets and models in

### Software Requirements

* **Python** – Main language used to process the entire model/dataset
* **C++** - For Arduino’s component management
* **HTML, CSS, JS** – For the frontend web development used to maintain and develop the web application used to interface with the user
* **ReactJS** – To implement a more dynamic and interactive web application
* **PHP** – For the backend storage of important credentials the user may store (e.g. Age, height, etc)
* **Intelij or Pycharm & Vs Code** – Code spaces utilized to execute the code and carry out model training, etc
* **MS Word** – Used for documenting important notes and report-based files for the project
* **Obsidian** – Used for Markdown based notes for quick error annotations
* **GITHUB** – Utilized for version controlling and regulated submission for the code, etc
* **Windows Operating System (10 or greater)** – Main operating system utilized to host all the mentioned applications, etc. Optimal and simple to understand

### Data Requirements

* The main requirements in terms of the project’s dataset include the following in terms of each model:
  + Images that depict persons falling that may be used for training purposes for the image processing/pose estimation segment of the application
  + Average heart rates for adults over the age of 50 which include details such as heart rate, height and age
  + Falls detected based on erratic movements picked up from devices such as gyroscopes and accelerometers such that they may optimize the current model further
* The focus of the dataset is to be distributed amongst the mentioned features given the fact that there are three main models to the application

### Skill Requirements

* Intuitive though processing abilities
* Time management
* Rudimentary problem-solving skills
* Report Writing
* Critical Thinking
* Fundamental knowledge of coding and version control

## Chapter Summary

To summarize the chapter, all it covers is an introduction to the concept of the project such that its stakeholders, vision and purpose are listed out with an additional list of what the functional and non-functional requirements of the project are. The applications hardware, software and skill requirements are marked out as well to project what the financial costs of the project may be (in vague detail). Thereafter, the challenges experienced by the project (as well as the actions taken to handle them) are explained to convey how the project overcame some shortcomings it was to experience.

# 2. LITERATURE REVIEW

## Chapter Overview

The tendency of an elderly person to fall in isolated conditions given the fact that they may be experiencing issues and illnesses with joint related issues it may be seen that there has been a vivid increase in the rate at which elderly persons tend to retain injuries at their age due to being neglected in their given state, a study was conducted from the Departments of Medicine (M.E.T., S.F.G.) and Epidemiology and Public Health (M.S.) (Tinetti, et al., 1988) and it was found that of a group of 336 elderly persons over the age of 75, 32% (108 subjects) of them had fell at least once. 24% of them had experienced serious injuries, each of which had worsened their conditions. These studies were carried out within a controlled group of people as to where each of them had no chronic disease, thus proving the fact that elderly persons with disease as such may experience much more consequential aftereffects.

Regarding the Literature review provided here, it should be noted that each of the mentioned studies have some relevance to this project in terms of how the resources they have developed and provided for their own projects might be utilized in this project. This is exclusive of utilizing the entire project but instead using small segments for each project as they each provide us with a key understanding into how we are to implement some of the components of out project.

## Concept Map

Figure 2: Concept Map

## Problem Domain

The problem acknowledges elderly persons that tend to fall in isolated conditions given the fact that they are neglected, hence leading to the mentioned elderly population experiencing more falls than normal. Given the little amount of attention being given to these individuals they tend to experience falls more than normal, as a partial solution to this there are elderly care institutions that take these individuals needs and do what they can to ensure that they are treated well.

The journal articles, conferences and research papers that covers use of accelerometer and gyroscope sensors, video data-based fall detection, posture recognition and heart rate relation to falls are considered for the problem. This chapter consists of comprehensive explanations regarding these topics.

## Existing Work

### Fall Detection using Posture Detection through Image Processing

In today’s world it has been found that many elderly people are affected by falls due to isolation from the presence of a more capable and caring individual. A study was conducted by a group of individuals to monitor and record the effects of social isolation on the quality of life in elderly adults (Newman-Norlund, et al., 2022). It was found that it depreciates rapidly due to the forced and induced isolation that was projected onto these individuals.

In terms of how posture detection will be used to predict a fall, it may be seen that an object detection API will first feed the algorithm with real time data that is brought in it from a device that may be staged as a camera. The first task that will take place in terms of data pre-processing will be that of how the real time data will be actively fed into the model as raw/unprocessed data. Furthermore, it may be seen that the tendency of persons over the age of 80 to fall is quite high given risk factors such as isolation that affect them (Norsk forening for epidemiologi, 2012).

Thereafter once the data has been uploaded into the machine learning algorithm it will first be cleansed and set to a limit of 24 recorded frames per second. Thereafter feeding it into the algorithm, the first process to take place is pose landmark projecting using “MediaPipe”. What happens here is that the data being fed into the algorithm will first have each frame separated from one another and then processed separately. Thereafter, utilizing MediaPipe’s pose landmark detection API, we will be projecting these points onto a person’s detected joints.

Having projected these points onto them, the algorithm may then assume a series of thresholds that are to be surpassed to initialize a state where the person is about to fall. In other words, the algorithm will try to understand if a person’s joints are surpassing a certain threshold (eg: Elbows are close to the Knees suggesting that the person may collapse), thereafter it will see if that threshold is maintained for a given period of time and then if it exceeded the necessary measure will be taken to ensure that the person falls safely while alerting the relevant authorities.

It is proposed that the peripherals utilized for this segment of the project may be cost-effective and affordable given the fact that most systems are mostly unaffordable to the necessary demographics (Eg: elderly people). So, we believe that using a trained model we may be able to implement a cost-effective solution to the issue at hand.

In terms of how we are expected to train the posture detection model, even though we propose utilizing a dataset from google we intend on customizing it with new thresholds and extended images that capture certain poses which are to be “baked” into its memory such that it may immediately identify a pose as such which is associated with a fall.

A study for the mentioned process has already been carried out by (Saraswat & Malathi, 2024) who had already implemented a vision-based fall detection system utilizing “MediaPipe” as it’s backend for pose detection. To conclude, we propose that by utilizing an object detection API for posture detection we may greatly improve the overall accuracy of the system’s ability to predict whether the user is about to fall or not.

### Use of Sensors (Accelerometers & Gyroscopes) for Fall Detection

In recent years, sensor-based systems have become evident as a powerful way of detecting falls. These systems, mainly the ones that use accelerometers and gyroscopes, have the potential to continuously monitor movements and orientation. They focus on measuring motion dynamics and provide real time data to detect falls when they happen. The ability to embed these in wearable devices have enabled continuous monitoring of at-risk individuals. This chapter covers how accelerometers and gyroscopes are used in fall detection in various systems.

Accelerometers and Gyroscopes are known to be the main tools for fall detection in the past projects since they can capture data related to motion. Accelerometers are mainly used to measure the change in velocity of an object. In fall detection devices, this is used to detect falls based on sudden changes in the acceleration. In (Palmerini, et al., 2020), they have used accelerometers to detect falls based on sudden movements or impacts that might indicate a fall. Especially, if the large acceleration is followed by a still period, it triggers and alert.

When the accelerator was used alone some of the intentional motion types were also detected under falls. For example, sitting quickly. This is where the gyroscope comes in. The Gyroscopes are used to measure and maintain the orientation and angular velocity, which is most helpful in capturing data related to rotational movements of the person. A project done with the use of both sensors mentions clearly about this. (Li, et al., 2009) The combination of data from both sensors reduces the false positives that might get detected from accelerometers allows the system to distinguish between intentional motions from unintentional falls. The effectiveness of using these sensors in real world applications has been demonstrated and proved by many studies, making them valuable in elderly monitoring systems.

### Monitoring Heart Rate Levels and Relating it to Fall Risk

Fall detection using heart rates pose a very reliable manner of detection if a person were more likely to fall or not, given the fact that if they were to experience a sudden spike in their heart rate the pressure and suddenness of it may be enough to have them collapse. Furthermore, past conditions and symptoms may regard as a further attribute to detecting if a person were to fall or not given the possibility of them experiencing similar symptoms from these past diseases again. Regarding present conditions, wearing a small device to read heart rates may help detect falls more accurately and immediately given the sensors availability and ability to provide a constant feed of real time data, not to mention the fact that this is an ideal solution for isolated and neglected individuals given its running time that may almost always go uninterrupted (Zhou, et al., 2014).

### Real Time Data Analysis for Event Prediction in Fall Detection

Real-time data analysis is integral to modern fall detection systems, enabling immediate identification and prediction of fall events through sophisticated sensor technologies and advanced algorithms. These systems typically employ embedded sensors, including accelerometers, gyroscopes, and pressure sensors, to collect motion data from users. For instance, some systems integrate accelerometers and gyroscopes into footwear, which continuously monitor body movements (Qu, et al., 2024) This data is transmitted to a mobile application via Bluetooth, where it is processed in real time using deep learning models, such as the FallSeqTCN, designed for analyzing time-series data (Qu, et al., 2024)

In addition to using traditional motion sensors, some approaches leverage RGB-D sensors and skeleton data to detect falls (Nguyen, et al., 2024) . This method analyzes human skeleton information extracted from video footage, allowing the system to track movements accurately. Other studies enhance existing algorithms, such as the improved YOLOv8 model, which incorporates an attention mechanism to improve object localization and detection accuracy, especially in cluttered environments (Khekan, et al., 2024) .By applying these advanced techniques, these systems can more effectively distinguish between falls and other movements.

Real-time data analysis not only aids in predicting falls but also facilitates immediate alerts to caregivers or medical personnel when a fall is detected. For example, certain systems employ GSM modules to send SMS notifications and make calls, ensuring that help is promptly dispatched to the user (Fitriawan, et al., 2024). This timely response can significantly mitigate the consequences of falls, which are often more severe due to delays in assistance.

The effectiveness of these systems is evaluated using various performance metrics, such as accuracy, precision, recall, and F1 score. For instance, one model achieved an accuracy of 98% and an F1 score of 0.90, demonstrating the robust capabilities of real-time data analysis in accurately predicting fall events (Khekan, et al., 2024). These metrics reflect 7 not only the reliability of the detection systems but also the potential for scalability and further optimization as additional data and models are incorporated.

Overall, the integration of real-time data analysis in fall detection systems highlights significant advancements in ensuring the safety and independence of elderly individuals. By leveraging cutting-edge technology and sophisticated algorithms, these systems provide vital support in preventing fall-related injuries and fatalities.

## Algorithmic Review

The technological approach involves a combination of sensor-based and vision-based methodologies, each with different computational techniques to improve accuracy and efficiency.

When it comes to processing the data that is collected from these sensors, there are mainly two types. Threshold based methods and more advanced machine learning based methods. A study about a comparison of these two types explains why machine learning is a better approach than the other. (Aziz, et al., 2016)

Threshold based methods lie in the earliest years, where predefined or calculated limits for acceleration and angular velocity were set and when the data exceeds them, trigger fall alert. This method resulted in a higher rate of false positives because they get triggered by non-fall activities like bending or standing up quickly.

On the other hand, machine learning algorithms like support vector machines and neural networks showed improved accuracy, due to the ability of learning patterns of real time data and hence distinguishing between everyday normal movements and fall movements.

A study (Zurbuchen, et al., 2020)has been conducted to compare the accuracy of a set of machine learning algorithms used for fall detection. They have used the dataset named ‘Sisfall’ (Sucerquia, et al., 2016) which is publicly available. The machine learning algorithms they have used include support vector machines (SVM), k-Nearest Neighbours (KNN), Decision Trees (DT), Random Forests (RF), and Gradient Boosting (GB). The results showed that gradient boosting outperformed other algorithms in terms of sensitivity and specificity. But it 6 also mentions the need of high computational resources and carful parameter tuning. It also mentions the importance of simple algorithms such as random forests and k-nearest neighbours due to their balance of computational needs and classification power.

Posture detection technology can be considered as an essential component of fall detection systems, since it enables real-time monitoring of body orientation to distinguish between normal activities and potential falls.

When it comes to the video-based fall detection systems they are built to utilize computer vision techniques to monitor and analyse human movements. Some often employ human pose estimation models to identify and track body key points, which then allows for detection of abnormal postures which can indicate falls.

A study by (Chen, et al., 2021) has introduced a video-based fall detection approach which leverages human pose estimation. The method has a few steps which involves extracting 2D poses from video sequences, then converting to 3D poses. A robust fall detection network that uses this approach has achieved an accuracy of 99.83% on the NTU RGB+D dataset and real-time performance of 18 frames per second on a non-GPU platform.

Another similar use of technology for video-based fall detection (Lazzi, et al., 2021) was proposed based on human posture recognition using a monocular camera. The system extracts human silhouettes from video frames. After that the data is fed to an SVM classifier which can distinguish between normal and abnormal postures. This approach has demonstrated high accuracy highlighting the effectiveness of posture recognition in identifying falls.

## Tools and Techniques

The development of fall detection systems has proven to have significant benefits from integrating multiple data sources. Here it is done through sensor data, video data which will be used for posture recognition, and heart rate monitoring. The accuracy of the system in detecting falls while reducing false alarms is significantly enhanced by integrating each of these inputs. One of the main strategies that can be employed to do this is ensemble learning. By utilizing the benefits of several models, ensemble learning can increase the model's robustness. With an F-score of 94.26%, research by (Liu, et al., 2023) has shown that convolutional neural networks (CNNs) and gated recurrent units (GRUs) greatly enhance fall detection performance. (Liu, et al., 2023) also showed that convolutional neural networks (CNNs) and gated recurrent units (GRUs) greatly enhance fall detection performance.

In terms of the ensemble techniques that can be used for improving model performance they include these techniques: begging also known as bootstrap aggregating, boosting, and stacking. These methods are especially helpful in fall detection systems that integrate data from wearable sensors, video-based posture identification, and physiological monitoring.

The different tools and equipment also have an impact on how well the fall detection systems work since that’s where the data is obtained from. To identify falls, movement data is gathered using wearable sensors such as gyroscopes and accelerometers. Heart rate monitors are utilized to provide fall incidents with a physiological context. Additionally, video-based posture data was recorded using cameras. Thermal sensors and RGB-D are two examples that have been employed in earlier projects. Mobile applications that use smartphone sensors to detect falls in real time are another method used to construct this system. This was illustrated by (Wu, et al., 2019), who created a mobile-cloud collaboration system that uses smartphone sensors to detect falls in an efficient manner.

To handle and analyze fall detection data, machine learning is essential. Most fall detection systems employ Python libraries like TensorFlow, PyTorch, and OpenCV. Additionally, they provide real-time analysis of sensor and video data using deep learning models. Fall detection systems have improved the safety of those in danger by incorporating various tools and strategies to produce more precise, responsive, and scalable solutions.

## Chapter Summary

To summarize what this chapter provides, is a comprehensive review of existing literature which are relevant to fall detection systems, highlighting key studies, technologies, and methodologies that help in the development of this project. The review explored the impact of fall detection among the elderly due to it being a major concern today, with significant injury rates even among those without chronical illnesses. Understanding these risks and the existing research has given the assistance and guidance for the development of an effective detection system.

Various fall detection methods were analysed in the chapter which includes posture recognition using image processing, sensor–based approaches employing accelerometers and gyroscopes, relating heart rate monitoring to falls and real time analytics. By integrating insights from existing research, this project aims to create a practical and an accurate solution which is also capable of enhancing the elderly and patient care and minimizing fall related injuries.

# METHODOLOGY

## Chapter Overview

In terms of what is covered in the chapter overview, the following is what is considered. The manners in which the project is to carry out research into its necessary domains, the way project is to be managed and the development of the project over time will be explained here. Projections for why certain amends need to be made to the project and other similar adjustments are explained in this chapter

## Research Methodology

|  |  |
| --- | --- |
| Research Philosophy | The author of the research has selected positivism as the research philosophy. Positivism is a research philosophy that focusses on using observable and quantifiable facts in developing knowledge. This method emphasizes testing the theories and hypotheses through data collection and analysis and then reaching object conclusions. This lines with the principles of science. In this study, the detection and prediction of falls relies on real-time sensor data. The prioritization on quantifiable data, and the results being based on measurable evidence rather than subjective interpretation make this approach adequately felicitous for this study. |
| Research Approach | We will adopt a deductive approach, starting with a hypothesis that factors such as posture, heart rate, motion speeds, and angular velocities can predict falls. This hypothesis will be tested through data collection and analysis from sensors and monitoring devices. The approach is suitable as it allows for testing pre-established correlations between variables and drawing conclusions based on measurable evidence. |
| Research Strategy | We intend on using interviews (qualitative data gathering), questionnaires and forms (quantitative data gathering) for our research. |
| Research Choice | Multi Method – In order to consider both the qualitative and quantitative components of the study we intend on regarding the multi-method approach as it takes into consideration the factors that require an in-depth analysis (such as ethical constraints) |
| Time Zone | A cross-sectional time frame will be used for this research, as it is intended to occur at a single point in time. |

Table 5: Research Methodology Table

## Development Methodology

In terms of the type of methodology our group will use, a “**scrum**” would be the most optimal as it utilizes an iterative and incremental agile framework (type of framework where the project is faced with iterative procedures where it goes through multiple assessments and revisions to maximize its accuracy, etc) for managing the projects development. A benefit of using Scrum as our development methodology is that it breaks the project down into smaller tasks called “**sprints**” where the workload is mitigated into small and feasible tasks that minimize time consumption and maximize productivity. Furthermore, scrum refers to the use of an **“Object Oriented Analysis and Design”** (OOAD). This is since Scrum has a modular approach to task management as it breaks down the project into smaller and more manageable tasks while maintaining incremental and iterative development processes. For the project developments life cycle our group may use a spiral model since it is appropriate given its conditions. The given PDLC is an iterative life cycle model where the project is developed in small incremental iterations where its iterations are like a sprint from a scrum methodology. Besides that, using a spiral management system would enable out group to detect and mitigate issues before they could occur such that the risk of a total failure is avoided. To conclude, the idea is scalable and compatible with an Object-Oriented Analysis and Design approach.

## Project Management Methodology

### Deliverables

|  |  |  |  |
| --- | --- | --- | --- |
| **Phase** | **Deliverable** | **Week** | **Due Date** |
| **Topic Selection** | Finalized Project Topic | Week 3 | 10-Oct-2024 |
| **Literature Review** | Literature Review Report | Week 4 | 13-Oct-2024 |
| **Project Proposal** | Project Proposal Document | Week 6 | 27-Oct-2024 |
| **Software Review** | Software Requirement Specification (SRS) | Week 9 | 24-Nov-2024 |
| **System Design** | System Design Document (DSD) | Week 11 | 15-Dec-2024 |
| **Prototype Implementation** | Functional Prototype | Week 16 | 02-Feb-2025 |
| **Testing & Evaluation** | Testing (Identifying Test Cases) | Week 19 | 05-Feb-2025 |
| **Integration** | Integration Process | Week 19 | 10-Feb-2025 |
| **CI/CD Development** | Develop CI/CD Pipelines & Integrate Components | Week 21 | 24-Feb-2025 |
| **Final Testing** | Final Testing Phase of the Applications | Week 23 | 09-Mar-2025 |
| **Evaluation** | Evaluation Phase | Week 24 | 16-Mar-2025 |
| **Post-Project Analysis** | Post-Mortem and Research Paper | Week 25 | 23-Mar-2025 |
| **Documentation** | Final Thesis & Project Documentation | Week 27 | 06-Apr-2025 |

Table 6: Deliverables table

### Schedule based on Gantt chart

A screenshot of a project

AI-generated content may be incorrect.

Figure 3: Gantt Chart for project schedule

## Chapter Overview

To conclude the content of this chapter, the research methodologies were covered and explained. The way each research was conducted was explained, as well as the weekly goals such that each deliverable was mentioned in the order it was to be released. Furthermore, the development methodology used to carry out the groups research was mentioned as well to point out and justify why the groups research was to be carried out that way.

# SOFTWARE REQUIREMENTS SPECIFICATION

## Chapter Overview

This chapter outlines the application's fundamental requirements, focusing on data collection and functional aspects influencing core functionality. It details techniques like questionnaires and interviews, discussing their procedures, pros, and cons. Use case diagrams illustrate actor interactions with the system, while stakeholders and their affiliations are identified. Lastly, functional and non-functional requirements are listed to define the application's essential needs.

## Rich Picture

A diagram of a medical system

AI-generated content may be incorrect.

Figure 4: Rich Picture

## Stakeholder Analysis

Regarding the stakeholder analysis segment of this chapter, the following Onion model lists out how a stakeholder is involved in the development of the system:

### Onion Model

A diagram of a diagram

AI-generated content may be incorrect.

Figure 5: Onion Model

### Onion Model Content

|  |  |  |
| --- | --- | --- |
| Stakeholder | Role in system | Contribution/ Benefit |
| ML Engineers, Data Scientists | Operational/ Functional maintenance | Design the process in developing a system to analyse potential falls while maintaining its functionality/accuracy and providing newly found data into data pools utilized within the machine learning model for better accuracy |
| System Administrator | Operational Administration | They assist with deploying the application and configuring it to fit in different environments |
| Caretaker | Support Provider | They provide insights into how to look after elders while taking care of them while the system is being implemented |
| Elderly Users | Main User | They act as the main user of the system while providing it with new training data (actively) |
| Technical Support & Maintenance | Project/ Application Functional maintenance | They help maintain the system if ever it were to fail while managing false positives and functional failures |
| Medical Device & Sensor Suppliers | Peripherals Provider | They provide the system with affordable options for the peripherals utilized in the system |
| Project Owner | Functional Beneficiary | Owner of the fall detection system |
| Sponsor | Functional Beneficiary | Fund the project through sponsors such that it can be developed further |
| System Development Team | Project/ Application Developers | Further develops the application to negate false positives while increasing the overall accuracy |
| Medical (Physiotherapist) | Health Advisors | Provide the system with advice over how to better detect falls and what parameters are to be considered in doing so |
| Secondary Caregivers  & Emergency Responders | Medical Support Advisors/ Responders | Respond to emergencies in case a fall were to occur |
| Community  Health Organizations | Ethical/Medical Constraint Advisors/ Responders | Regard ethical constraints the application may occur in terms of privacy and help administer solutions to it while constantly updating the systems database of constraints, etc |
| Research Institutions | Knowledge Contributors | Validate the accuracy of the system by carrying out recursive tests and provide evidence-based insights into the systems designs, aligning it more with real world needs |
| 3rd Party Systems | Functional beneficiaries | Enhance system functionality by allowing it to connect with other platforms (e.g., emergency services, health records) for seamless data exchange and quick response. |
| Technical Writers | Operational Support | Support usability by developing clear, accessible documentation for stakeholders, including users, caregivers, and developers |
| Researcher | Knowledge Contributor | Improve accuracy by validating the system’s algorithms, analysing effectiveness, and providing evidence-based insights for iterative improvements, they further the projects scope as well to experiment with new functions |
| ML Experts, Domain Expert | Expert | Enhance fall detection accuracy through improved algorithms, reducing false positives/negatives and optimizing system performance while ensuring the application caters to real world needs in actual healthcare scenarios |
| Competitor | Negative Stakeholder | Develops an application that directly contrasts our application |
| Hacker | Negative Stakeholder | Finds vulnerabilities within the system, accesses them and then reports them to the system project owner such that they are notified of a breach of privacy/functionality |
| Product Developer | Developer, Operational Maintenance | Ensure the system is user-centred, incorporating practical features and achieving alignment with stakeholder needs and compliance standards. |
| Regulator | Quality Regulator | Ensures that the application stays within healthcare-based application standards while improving patient safety, data privacy, and legal compliance. This boosts system credibility and user trust |

Table 7: Onion Model Stakeholder Descriptor

## Selection of Requirement Elicitation Techniques/Methods

### Analysis of Requirement Elicitation Methodologies

Requirement elicitation involves various methods to define a system’s needs. This section evaluates the advantages and disadvantages of common approaches and outlines the techniques applied to develop our fall detection system.

#### Observing Existing Systems and Literature Review

Studying existing systems and reviewing literature provides insights into current fall detection technologies, highlighting areas for improvement.

|  |  |
| --- | --- |
| **Advantages** | **Disadvantages** |
| Provides a foundational understanding of fall detection systems. | Reviewing research papers and solutions can be complex. |
| Helps identify feature gaps and focus on patient safety. | May lack real-world data for targeted demographics or use cases. |

Table 8: Advantages & Disadvantages of 1.4.1,1

#### Surveys & Questionnaires

Effective for gathering input from elderly patients, caregivers, and potential users, providing a broad understanding of user needs.

|  |  |
| --- | --- |
| **Advantages** | **Disadvantages** |
| Reaches a wide audience and captures diverse insights. | Responses may vary in quality or misunderstand questions. |
| Time-efficient and straightforward for analysis. | Limited to predefined questions, missing nuanced experiences. |

Table 9: Advantages & Disadvantages of 1.4.1.2

#### Interviews

Interviews with medical professionals, caregivers, and patients provide detailed insights into critical requirements and user perspectives.

|  |  |
| --- | --- |
| **Advantages** | **Disadvantages** |
| Allows for detailed follow-up and clarification. | Time-intensive and limits the number of respondents. |
| Offers unique qualitative insights. | Some interviewees may struggle to articulate requirements. |

Table 10: Advantages and Disadvantages of 1.4.1.3

### Requirement Gathering Methods Selected

A combination of methods ensures comprehensive, accurate requirements:

* **Structured Interviews**: Gather expert insights from medical professionals on fall risks and conditions.
* **Closed-Question Questionnaires**: Collect feedback from elderly patients on fall experiences and needs.
* **Unstructured Interviews**: Capture caregiving experiences and real-world challenges from caregivers.
* **Structured Questionnaires in Physiotherapy Clinics**: Collect consistent data on patients' fall risks and histories.

This balanced approach integrates qualitative insights and quantifiable data, enabling the development of a user-centred, reliable fall detection system.

## Discussion of Results

Table 11: Interview Results with the Physiotherapist at National Hospital Sri Lanka

|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **Question Aim** | **Finding** | **Conclusion** |
| 1.Where on body is a good location to fix an accelerometer and gyroscope for accurate fall detection? | Determine the optimal location for device placement for reliable fall detection. | It was found that placing the device on the stomach is more fitting given the fact that the centre of gravity is normally located there and easily traceable | Placing the device on the stomach is ideal for accurate fall detection. |
| 2.What health conditions or diseases might make a patient more vulnerable to falls? | Identify health conditions that increase fall risk. | Necrosis, Vascular disease, sudden drops and rises of blood pressure, loss of body mass, postural hypertension, joint issues, arthritis, neurological diseases, skeletal deformities. | Understanding these conditions helps target at-risk patients for fall prevention. |
| 3.How quickly should the alert be sent, and should this response time vary based on individual patient conditions or be a standard time frame? | Establish an optimal alert response time to prevent falls. | In general, make it such that the application detects that a person is in the projected process of falling at least 2~3 minutes before they fall such that they may be told to take a seat. | Implementing a pre-fall alert system may effectively reduce the risk of injuries |
| 4.If a patient receives an alert that they are about to fall, can they typically stabilize themselves in response to this alert? | Assess whether patients can respond to pre-fall alerts effectively | In imminent falls, patients can’t stabilize themselves easily, but they can be notified to take preventive actions such as sitting down or getting low to the ground immediately. | Alerts can enable patients to take safer positions, reducing injury risk. |
| 5.What assessments or tests do you use to evaluate a person’s risk of falling? | Identify reliable fall risk assessment tools. | Physiotherapists calculate the risk of falling using fall risk scales - Berg Balance Scale, the Timed Up and Go test, and the 10-Minute Walk Test | These provide a standardized measure of fall risk for clinical use. |
| 6.Can blood pressure be considered as a good factor for finding fall risk? | Evaluate blood pressure changes as indicators of fall risk. | Blood pressure is not a key factor for falls, but in sudden changes (drops or rises) falls can occur due to dizziness, loss of balance or fainting. | Looking for sudden blood pressure changes should be done rather than just high or low. |
| 7.What additional health conditions contributes to falls, such as sudden drops in blood pressure? | Identify other conditions that may lead to falls. | Conditions like high blood pressure, low blood sugar levels, and heart attacks can also lead to falls. | Blood sugar and heart attack monitoring is not possible due to resource limitations |
| 8.What privacy concerns should we consider, and from whom should we obtain consent? | Ensure compliance with privacy and ethical requirements | Patients consent should always be taken. The patient must always be aware of the device. | Following privacy protocols protects patients' rights and trust in the system. |
| 9.In terms of placing a blood pressure monitor on the body, where can be an appropriate place? | Determine the optimal location for monitoring blood pressure. | Wrist is a good position, because the skin in that area is thin and arteries and veins going in that area is easily identifiable from outside. | Wrist placement should be done for accurate blood pressure monitoring. |
| 10.How do you think our system could benefit patients, especially older adults? | Evaluate potential patient benefits of the system. | very good product for elders and patients with risk of fall. Falls cause injuries, bone fractures, get bedridden, head injuries that will lead to death. This can minimize most of them if alerted before falling. | Early fall alerts may reduce recovery time and improve patient outcomes. |
| 11.Do you have any suggestions for improving our system? | Get suggestions to improve fall detection effectiveness. | Consider identifying elderly patients with specific conditions and directing them toward physiotherapy support. | Personalized recommendations improve system’s effectiveness for at-risk patients. |

Table 12: Results from the elderly individuals/patients from the National Hospital

|  |  |
| --- | --- |
| **Understanding their Needs and Experiences** | |
| **Question 1** | **How often do you feel unsteady or at risk of losing balance during your daily activities?** |
| Question Aim | To assess the individual's perceived risk of falls during their daily routine. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect. Responses mostly range from 2 to 4, indicating a moderate sense of unsteadiness. |
| Conclusion | Many respondents occasionally feel unsteady, suggesting some awareness of fall risks but not extreme concern. |
| **Question 2** | **How much extra support do you feel you need for specific activities?** |
| Question Aim | To understand the level of assistance the individual requires for various tasks. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Ratings are mixed, with some participants rating it low (1-2), while others lean toward moderate or high (4-5). |
| Conclusion | The need for additional support varies widely, reflecting individual differences in physical capabilities and confidence. |
| **Gauging Expectations for the System** | |
| **Question 3** | **How important would it be to you to receive an alert if you were at risk of a fall?** |
| Question Aim | To evaluate the importance of a fall detection and alert system to the individual. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Most responses are rated 5, highlighting high importance. |
| Conclusion | The majority consider fall alerts crucial, reinforcing the system's relevance. |
| **Question 4** | **How comfortable would you feel if someone (like a family member or neighbour) were notified in case of a fall?** |
| Question Aim | To determine the individual's openness to external intervention during a fall incident. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Responses show strong agreement (mostly 5). |
| Conclusion | Participants are highly comfortable with notifying others, emphasizing the importance of involving caregivers or family. |
| **Question 5** | **If you couldn’t reach someone right away in an emergency, how useful would you find a system to automatically request help?** |
| Question Aim | To assess the perceived utility of an automated emergency response system. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Almost all responses rate this at 5. |
| Conclusion | There is strong support for automated emergency assistance, validating the system's utility. |
| **Understanding Comfort Levels with Technology** | |
| **Question 6** | **How comfortable are you with using technology devices?** |
| Question Aim | To gauge the individual’s familiarity and ease with technology usage. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Responses range from 1 to 5, with a mix of very low and very high comfort levels. |
| Conclusion | There is a divide in technology comfort, suggesting the need for user-friendly designs and possible training for some users. |
| **Question 7** | **How concerned are you about privacy when using a monitoring device?** |
| Question Aim | To understand privacy concerns related to monitoring systems. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Ratings vary between 1 and 5, with a tendency toward moderate concern (3-4). |
| Conclusion | Privacy concerns are significant for some participants, requiring attention to data security and transparency. |
| **Understanding Comfort Levels with Wearable devices** | |
| **Question 8** | **How comfortable would you be with wearing a lightweight device every day?** |
| Question Aim | To evaluate the willingness of the individual to wear a device consistently. |
| Observation | A graph with a bar and a number  AI-generated content may be incorrect.Responses are varied, with a lean toward moderate to high comfort (3-5). |
| Conclusion | While most respondents are open to wearing devices, there may still be some resistance or need for adaptation. |
| **Question 9** | **How frequently would you be willing to wear a device during the day?** |
| Question Aim | To understand the individual's preference for device usage frequency. |
| Observation | A graph with numbers and a bar  AI-generated content may be incorrect.Most responses range from 2 to 5, showing varied preferences. |
| Conclusion | Most respondents are willing to use the device frequently, but some might only use it part-time. |

## 4.6 Summary of Findings

Table 13: Summary of findings

|  |  |  |  |
| --- | --- | --- | --- |
| **Findings** | **Literature Review** | **Questionnaire** | **Interviews** |
| Optimal device placement on the body | X |  | X |
| Health conditions affecting fall risk | X |  | X |
| Importance of pre-fall alert systems |  | X | X |
| Privacy concerns in monitoring systems | X | X | X |
| Variability in fall assessment tools | X |  |  |
| Lack of focus on multi-factor detection | X |  |  |

## Context Diagram

A diagram of a fall detection system

AI-generated content may be incorrect.

Figure 6: Context Diagram

## Use Case Diagram

A diagram of a system

AI-generated content may be incorrect.

Figure 7: Use Case Diagram

|  |  |
| --- | --- |
| Use Case ID | UC01 |
| Use Case Name | Customize Profile |
| Description | Customize and view user profiles, registering details and adjusting thresholds |
| Actors | User (Caretaker, Elder) |
| Pre-conditions | User must log into the system with valid credentials |
| Main-Flow | 1.User Customizes Profile  2.User adjusts the thresholds of certain parameters (eg: age, height, BMI  3.Add new parameters such as bone density, past conditions, etc  4.User profile is then stored in the system  5.User can view profile to identify causes of symptoms/behaviour. |
| Alternative Flow |  |
| Exceptional Flows | User fails to login, loop back to the start of UC01 |

Table 14: UC01 Description

|  |  |
| --- | --- |
| Use Case ID | UC02 |
| Use Case Name | Receive Alert |
| Description | User receives fall alerts (caretaker, emergency service, or elder alert to rest/exercise) |
| Actors | User (Caretaker, Elder), “Emergency Service” |
| Pre-conditions | A user profile must exist (UC01) |
| Main-Flow | 1.An elderly individual is in a risk of falling  2.System alerts for erratic movement and blood pressure spikes.  3.Elderly individual performs exercises for self-assessment.  4.The relevant authorities are alerted in case they are in risk of a fall |
| Alternative Flow | Instead of receiving an alert for a negative factor, it may just be to remind the user to carry out their “daily wellness checks in” |
| Exceptional Flows | The system fails to alert the user so proceeds to contact another individual |

Table 15: UC02 Description

|  |  |
| --- | --- |
| Use Case ID | UC03 |
| Use Case Name | Request for assistance |
| Description | Elder may press the emergency button to alert authorities. |
| Actors | Elder |
| Pre-conditions | A user profile must exist (UC01) |
| Main-Flow | 1.The elder experiences some difficulties in walking  2.System device contacts authorities as a precaution. |
| Alternative Flow | - |
| Exceptional Flows | In case the system doesn’t work through a manual activation, the systems automated facilities will alert the relevant authorities |

Table 16: UC03 Description

|  |  |
| --- | --- |
| Use Case ID | UC04 |
| Use Case Name | Configure emergency contacts |
| Description | The user can set up emergency contacts in the system. |
| Actors | User (Caretaker, Elder) |
| Pre-conditions | A user profile must exist (UC01) |
| Main-Flow | **1. System** shows the "Emergency Contacts" setup screen in settings.  **2.User** selects the option to add a new emergency contact.  **3.System** prompts the user to enter contact details (e.g., name, phone number, relationship).  **4.User** enters the emergency contact information and confirms the entry.  **5.System** verifies the format of the contact information (e.g., valid phone number).  **6.System** saves the new contact and displays a confirmation message.  **7.User** repeats steps 2-6 to add additional emergency contacts if needed. |
| Alternative Flow | The user could modify an existing contact or remove one |
| Exceptional Flows | Invalid contact information, database connection error, maximum contacts reached |

Table 17: UC04 Description

|  |  |
| --- | --- |
| Use Case ID | UC05 |
| Use Case Name | Request Report |
| Description | Elevated users can request performance reports (weekly, bi-weekly, etc.). |
| Actors | “Emergency Service”, Caretaker |
| Pre-conditions |  |
| Main-Flow | **1.Actor** navigates to the "Reports" section within the system.  **2.System** displays available report options (e.g., weekly, bi-weekly, monthly).  **3.Actor** selects a desired report type and specifies a time period.  **4.System** retrieves data for the selected time frame and compiles the report.  **5.System** generates the report and displays it to the actor in a viewable format.  **6.Actor** reviews the report and may choose to download or print it. |
| Alternative Flow | Request a custom time period-based report |
| Exceptional Flows | No data available for selected period, Report generation timed out due to error, insufficient access rights |

Table 18: UC05 Description

## Functional Requirements

The functional requirements of the application are listed down below (they cover the fundamental needs of our application for it to be considered as a useable system):

|  |  |
| --- | --- |
| Priority Level | Description |
| Critical | Core functionality/feature of the application, cannot function without it |
| Moderate | Not mandatory, but is considered as a requirement |
| Non-Important | Out of scope requirements |

Table 19: Priority Definitions

|  |  |  |
| --- | --- | --- |
| ID | Requirement And Description | Priority |
| FR01 | **Real-Time-Fall Detection –** Always analysing the potential of a fall using the sensors and the camera accurately. | Critical |
| FR02 | **Automated Alerts before a fall occurs and after -** The system must be able to alert the relevant authorities if a user is in risk of a fall or has fallen such that they will respond immediately to the issue | Critical |
| FR03 | **Posture Detection -** The application should be able to detect the posture of a person to detect the persons pre-fall poses. | Critical |
| FR04 | **Heart Rate & SP02 Level Monitoring -** The system must be capable of accurately and actively measuring the patient’s heart rate and SPO2 levels such that it can detect if they reach an elevated state or are in a normal state | Critical |
| FR05 | **Activity Monitoring -** Track the daily movement of the user to actively being traced and monitored by the system (e.g. see if they’re standing, walking or in an idle position) | Moderate |
| FR06 | **Periodic Health Check Reminders -** Constantly or time to time reminding the user to take self-assessments for them and the caretakers to understand their health status. Besides that, the user may be instructed to take a seat to keep them safe. | Moderate |
| FR07 | **Long-Term-Data Storage -** Storing historical health data (posture, blood pressure, fall events) to track trends and to generate insights over time. | Moderate |
| FR08 | **Emergency Contact Setup -** The system should enable the user to setup emergency contacts (such as authorities in areas close to them) for them to respond to a fall or potential fall immediately | Critical |
| FR09 | **Battery Level Alerts -** The system should be able to alert the user of low battery levels so in those cases, user can be advised to stay in an idle position (in a controlled space) until the device is ready to be used again. | Moderate |
| FR10 | **User Profile Customization -** The caretakers should be able to develop profiles for the user (elder) that take into consideration their age, height, weight, previous conditions. | Moderate |
| FR11 | **Environmental Monitoring Integration -** The system may optionally amend the sensors for room temperature or humidity to provide a safer living environment for users in isolated settings | Non-Important |
| FR12 | **Weekly Health Reports -** The system should be able to generate reports on the users’ movements for the week to specify if they have been moving around in an irrational manner such that it might suggest that the user is experiencing fall inducing symptoms | Moderate |
| FR13 | **Manual Emergency Button -** Provides a button for users to manually trigger an alert if they feel at risk of falling or are experiencing a health issue. | Critical |
| FR14 | **Educational Content on Join health -** Includes access to information and tips on joint health, fall prevention, and exercises for improving stability and balance. | Non-Important |

Table 20: Functional Requirements Table

## Non-Functional Requirements

The non-functional requirements establish the quality and operational standards for the fall detection system, emphasizing reliability, real-time performance, and data security to ensure it effectively supports its critical functions.

|  |  |  |
| --- | --- | --- |
| ID | Requirement and Description | Priority |
| NFR01 | **Reliability and Responsiveness**: The system must accurately detect falls and give alerts with minimum of false positives or negatives immediately. | Critical |
| NFR02 | **Performance and Efficiency**: The immediate detection and sending alerts should be done with optimized usage of power for wearable devices. | Critical |
| NFR03 | **Usability and Accessibility**: The interface has to be user-friendly. Needs to have accessible designs (visually impaired people) | High |
| NFR04 | **Security and Data Privacy**: Sensitive data must be handled with privacy standards, which limits access to authorized personnel. | Critical |
| NFR05 | **Scalability and Interoperability**: System should be able to support additional users, sensors, and devices without the need of significant changes. | Moderate |
| NFR06 | **Maintainability**: The codebase should be able to be easily maintained, by allowing for easy updates, bug fixes and future enhancements. | High |

Table 21: Non-Functional Requirements Table

## Chapter Summary

To summarize, this chapter covered the fundamental and core requirements of the fall detection project as it listed out all the findings of the study, the functional/non-functional requirements, the use cases, requirements elicitation techniques and the stakeholder analysis to cover the potential contributors to the system (and its development).

# SOCIAL, LEGAL, ETHICAL AND PROFESSIONAL ISSUES

## Chapter Overview

Regarding the SLEP analysis of the project, it covers all the ethical and professional constraints the project is to experience in terms of the environments it is to face and be implemented in. This considers the realistic and holistic issues the project is to come across such as privacy invasions, e.t.c. Considering these probable issues, the fall detection project is to experience, a in depth analysis was carried out into order to regard the potential constraints and resolve them in an ethical manner such that they may be regarded in a professional and well documented manner, hence resulting in the following management functions.

## SLEP Issues and Mitigation

### Social Issues

* Regarding the privacy of the application, it refers to not breaching the user’s privacy such that they may not reveal personal details or features (e.g. not placing the IOT device for the project in a personal space such as a washroom). Furthermore, the data collected from each user will not be redistributed to third parties
* Referring to the accessibility of the application, it will be developed in an English medium on an easy and quick to load website that consists of a simple layout that may be accessed by both the user and related clients
* To maintain access to those with cultural diversity in terms of language barriers, a Sinhala medium is to be provided to cater to those that do not understand English

### Legal Issues

* Referring to some of the data protection laws to be instanced in the application, the following are to both be regarded and applied:
  + General Data Protection Regulation (GDPR) (European Union)– Ensures that explicit content is to be taken from the user before ever disclosing the collected data while collecting only necessary information (Intersoft Consulting , 2024)
  + Health Insurance Portability and Accountability Act (HIPAA) – Ensures that the collected health information is never to be disclosed without the patients consent to only required individuals such as a registered medical worker (CDC, 2025)
  + Personal Data Protection Act (PDPA) – Ensures that the client being monitored gives explicit consent to releasing the data for medical purposes before doing so such that all the required purposes are stated before implementing the devices and applications onto the patient (PARLIAMENT OF THE DEMOCRATIC, 2022)
* The property and ownership respectfully go to the creators and publishers of the fall detection project such that it may not be redistributed or reproduced without proper consultation
* The persons liable for the project are to be passed onto those that implement it and setup the tools to monitor the necessary features such that it has only partial affiliation to the creators of the project

### Ethical Issues

* The user’s identity is to be always kept confidential and private unless explicitly stated by the patient that it be disclosed
* The projects statements may not be 100% accurate all the time so third-party opinions are to be more fairly regarded than the applications produced results
* The user’s consent is to always be regarded while being absolute such that if they wish not to disclose the collected information, it will not be released
* Privacy is to be always maintained in terms of the users more confidential data that reveal explicit details of them (such as disclosing personal/private details from especially the camera feeds)
* Only restricted individuals are to retain access to the application such that only they may have access to the patient’s data

### Professional Issues

* GitHub and Jira are to be used for version control and issue management/code reviews while retaining team-based collaboration and workflow management
* Whatsapp, Email and teams are to be used for official communication within the projects team and other related individuals
* Supervisor meetings are to be held once to twice a week through google meets
* Official Communications are to only ever be conveyed through emails

## Chapter Summary

What this chapter covers are the fundamental issues to be addressed by the project such that they are considered in a professional and holistic manner while maintaining the patient’s privacy and confidentiality. Ethical constraints are heavily regarded to ensure that the patient is always informed of whatever information is disclosed, if the patient is incapable of doing so an external and validated individual is to do so explicitly while informing the patient as well. In conclusion, this chapter aims to point out how these issues and constraints are to be handled, regarded and addressed responsibly.

# SYSTEM ARCHITECTURE AND DESIGN

## Chapter Overview

This chapter intends on covering the architecture regarded by the system (with each of its components explained in detail) while pointing out the design of it as well such that each component and its features are simplified such that it is easier to understand. The chapter includes a component diagram, class diagram, sequence diagram, instances of the UI with its UX elements defined as well. The illustrations are crucial to the contribution of information in this chapter

## Design Goals

Table 22: Design Goals

|  |  |
| --- | --- |
| **Design Goal** | **Description** |
| Compatibility | Ensues that the project is compatible and accessible on most to almost all platforms which adjusting to various web browsers |
| Responsiveness | Ensures that the web page adjusts to mobile and desktop views accordingly while maintaining the page’s structure and flow |
| Security | Ensures that the patients login credentials and recordings are encrypted and adhere to Global Data Protection Regulations and HIPAA based regulations to ensure that their privacy is not in any circumstance compromised |
| Speed | Ensure that the models are optimized such that they perform well on non-optimal systems while achieving real-time data analysis speeds that are capable of intaking loads of data in regulated speeds |
| UI/UX | The design should be user-friendly while ensuring interpretability such that users can easily understand the flow and features of the web page |

## System Architecture Design

Table 23: System Architecture Design

## System Design

### Choice of Design Paradigm

There are two primary system design methodologies.

* + - 1. SSADM - Structured System Analysis and Design Methodology
      2. OOAD - Object Oriented Analysis and Design

The fall detection system is planned to be built with modular, reusable and scalable components. Therefore, the Object-Oriented Analysis and Design (OOAD) is the preferred design methodology for this system. OOAD can provide a structured approach to enhance maintainability and flexibility, which will be a proper way to build the fall detection system.

The system contains multiple components, they can be integrated into classes to follow the best object-oriented principles. Additionally, since the system integrates multiple sensor inputs (accelerometer, gyroscope, heart rate and SpO2 levels, and camera feed) to analyse and get real-time fall detection results, the system's complexity points out the need for efficient data processing, pipeline handling and efficient handling of other functionalities. The OOAD ensures that the system is structured properly allowing for better organization and reusability of code wherever needed.

Since Structures Systems Analysis and Design Methodology (SSADM, is a design paradigm that follows rigid sequential processes, here in this project OOAD is seen as a better option. As the user's needs vary and the technologies and tools get advanced, the fall detection system will have the need to expand itself. For that the SSADM's lack of flexibility in managing evolving system requirements can be a challenge. Given the dynamic nature of real-time sensor data and machine learning workflows, OOAD is the most suitable design methodology for this project, ensuring methodology for this suitable design methodology for this project.

### Component Diagram

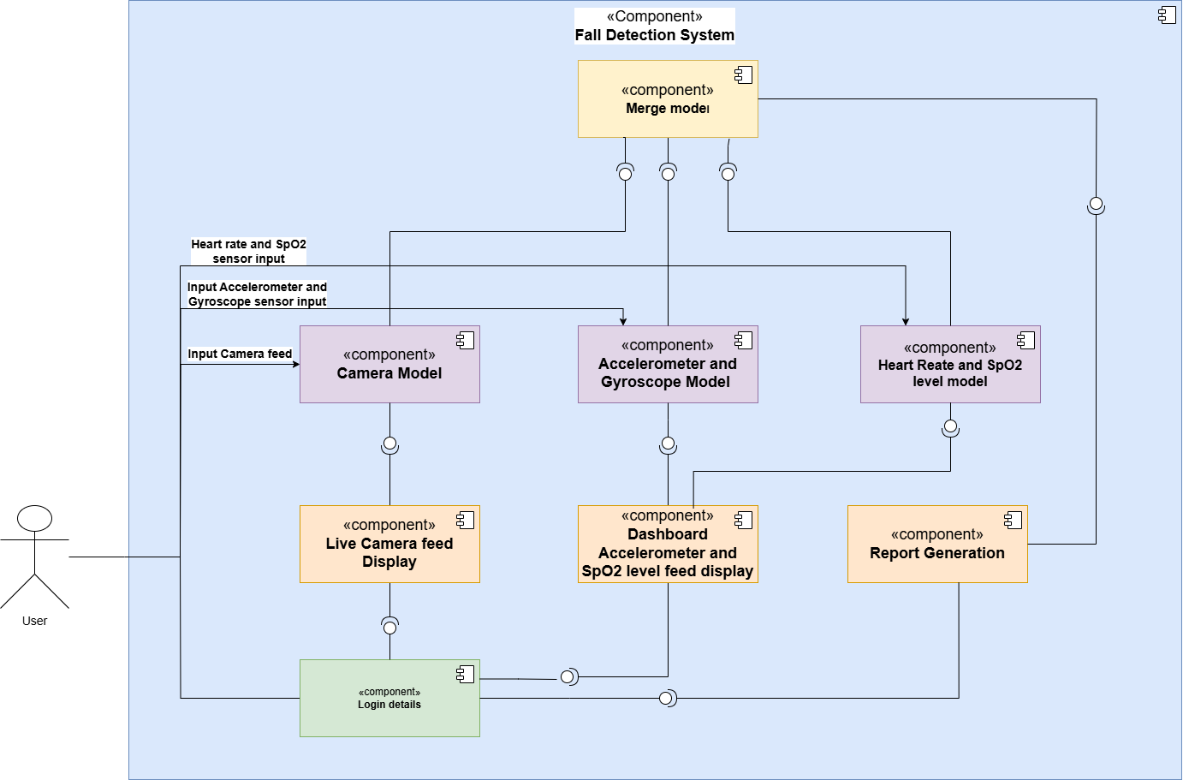


Figure 8: Component Diagram

### Class Diagram

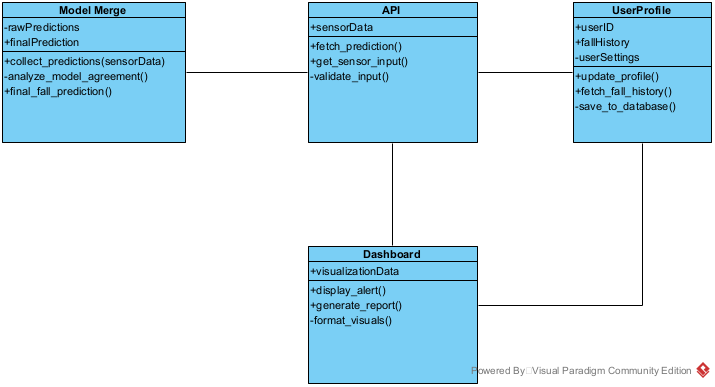


Figure 9: Class Diagram

### Sequence Diagram

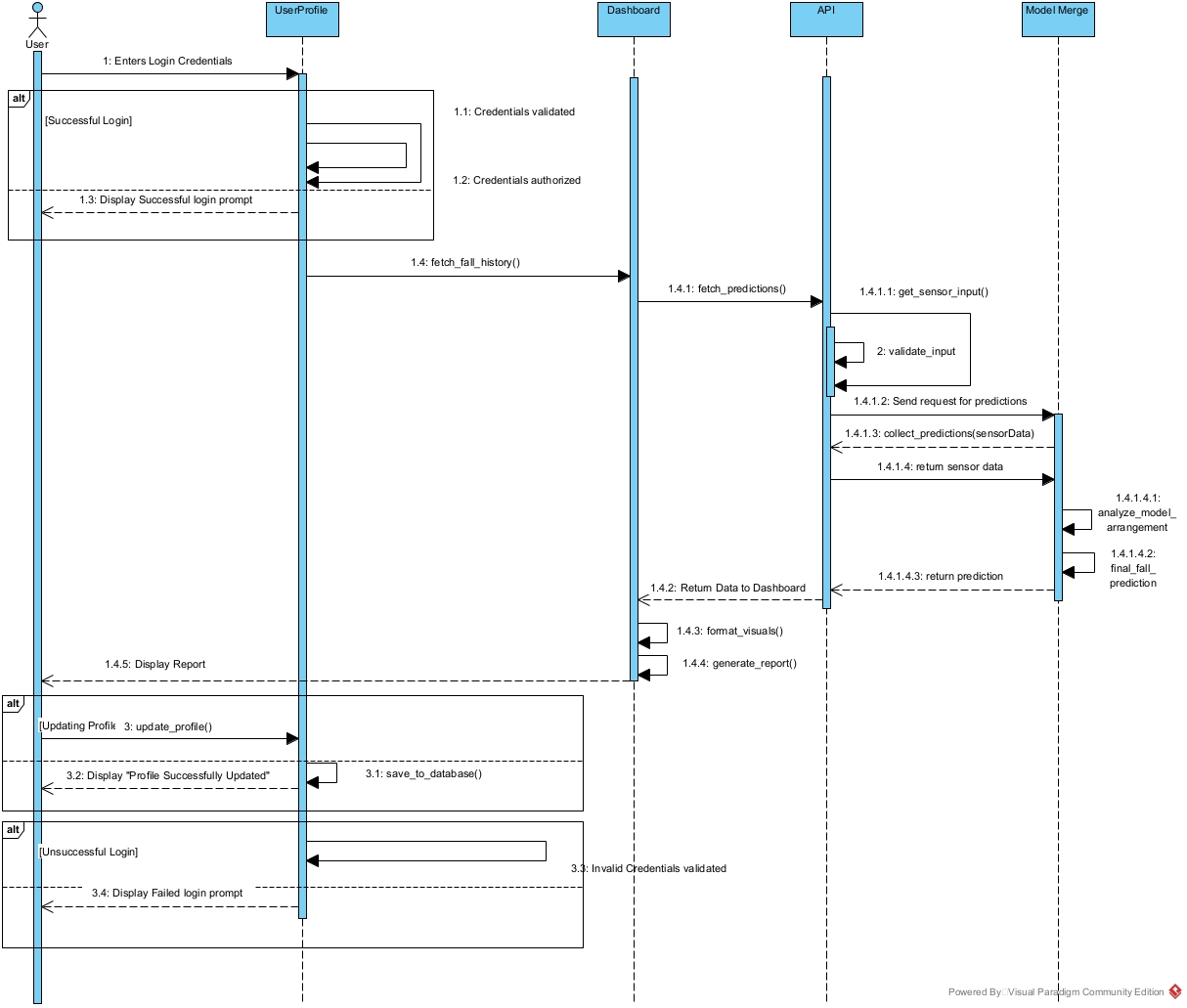


Figure 10: Fall Detection Sequence Diagram

### UI Design

A screenshot of a computer

AI-generated content may be incorrect.

Figure 11: Camera Viewing Page Layout

A screenshot of a computer

AI-generated content may be incorrect.

Figure 12: Past Recordings Section

A screenshot of a computer

AI-generated content may be incorrect.

Figure 13: Dashboard Page (With alert)

A screenshot of a computer

AI-generated content may be incorrect.

Figure 14: Dashboard Page (Without alert)

A screenshot of a computer

AI-generated content may be incorrect.

Figure 15: Profile Page- patient Information 1

A screenshot of a computer

AI-generated content may be incorrect.

Figure 16: Profile Page- patient Information 2

A screenshot of a computer

AI-generated content may be incorrect.

Figure 17: Profile Page- patient Information 3

A screenshot of a computer

AI-generated content may be incorrect.

Figure 18: Weekly Report Page



Figure 19: Sample Weekly Report

Table 24: Profile Page- patient Information 3

### User Experience

Regarding the user experience, the application intends on catering to both elderly and new users alike such that it is easy for them to navigate through the website and access the required elements they need first. The dashboard is where the user is first placed in as it is where they may see an immediate overview of the real time data analysis, they would be able to see the patients/user’s movements, heart rate and SP02 levels. More importantly, they can see an alert on the dashboard page that is initiated if the user is in risk of a fall.

Thereafter there is a navigation board that helps assists the user in navigating themselves to the right page to either get view the users through the camera feature of the application or view the users’ weekly reports.

To ensure that the user retain an aesthetic experience that enables them to view and access each element with ease, the site has integrated bootstrap elements into it to minimize the load times of the webpage and maximize the ability to reach one page or another.

### Process Flow Chart

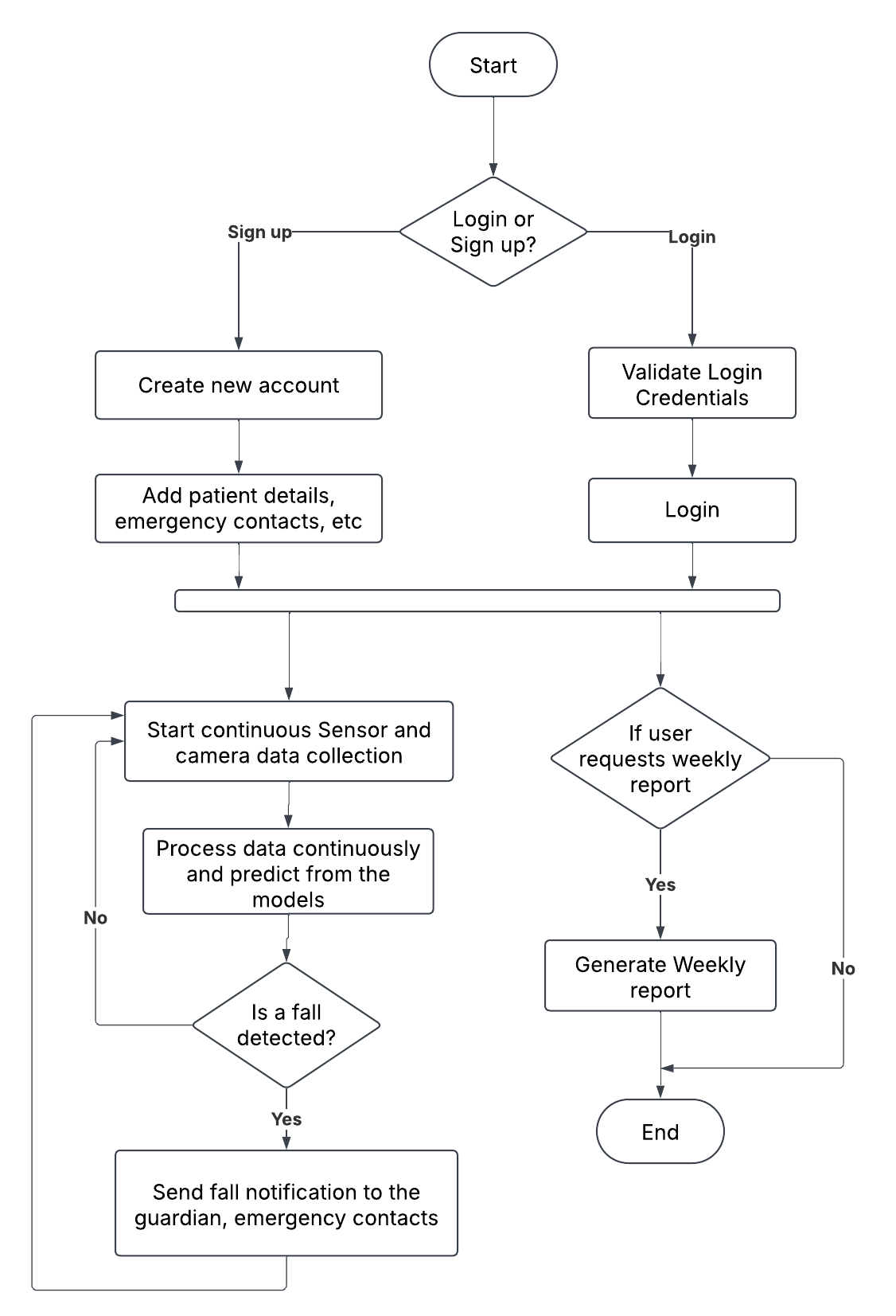


Figure 20: Process Flowchart

## Chapter Summary

Regarding the contents of this chapter, the design and architecture of the fall detection project was covered such that each components important features were covered such that they point out how the process of detecting a fall is regarded on a fundamental level. Besides that, the chapter covered the database/functional level of the project which was inclusive of how the user’s profiles were handled in the application. To conclude, this chapter provided a concise overview of the structure of the application.

# IMPLEMENTATION

## Chapter Overview

This chapter intends on covering the implementations made to formalize the project into a functioning application. The chapter goes through the technology stacks used, frameworks, languages, libraries and other approaches taken to make a functional backend. Refer to the following sub sections to understand how this was done.

## Technology Selections

### Technology Stack

In terms of the technologies referred to develop the application, the workflow is as follows. The frontend was developed using VS-Code as the code editor and the languages referred to include HTML, CSS and JS. Bootstrap was used for consistent designs across each page. The backed was completely developed on Pycharm given its ease of access. The languages referred to include python and SQL. The frameworks include Django to host the entire application on an interconnected interface. Some of the main libraries referred to for the joint projections and model evaluations include, Sci-kit learn and OpenCV.

Figure 21: Technology Stack

### Data Selection

In terms of the data sets referred to by each model there was an evaluation process that deemed some datasets more useful than the other based on their information gain, feature relevance and context awareness. Some of these datasets were even catered to specifically fall-related collections, refer to the following:

|  |  |  |
| --- | --- | --- |
| Domain | Dataset | Desciption |
| Fall Detection based on motion sensor data (Accelerometer, Gyroscope) | Sisfall Dataset | The dataset includes triaxial accelerometer and gyroscope data collected at 200Hz from 38 participants performing 15 types of falls and 19 daily activities (ADLs). It features data from both young adults (19–30 years) and elderly participants (60–75 years), ensuring diverse motion patterns for model training. The dataset serves as a benchmark for fall detection research.  Dataset Description –  <https://pmc.ncbi.nlm.nih.gov/articles/PMC5298771/>  Link to the Dataset –  <https://www.kaggle.com/datasets/nvnikhil0001/sis-fall-original-dataset> |
| Fall Detection Dataset based on motion captures and joint projections (joint based movements) | Fall Detection Dataset | The dataset consists of 374 images, each of which are either categorized as a fall or non-fall. A total of 111 images were presented for the validation process to evaluate the model’s performance, however it was deemed unnecessary given the fact that a live feed was to be fed into the model. Each fall’s coordinates were saved in the validations section, however, were not used given the different measuring criteria. Each fall is different from the other in each image and is provided with different environmental contexts. The provided dataset had however considered walking and sitting as an additional component as well, each fall state may be viewed in the following dataset:  Dataset Description & Dataset –  <https://www.kaggle.com/datasets/uttejkumarkandagatla/fall-detection-dataset> |
| Elderly Fall Prediction and detection  A fall detection and prediction dataset for older elders. | cStick | The cStick.csv file contains sensor data used for fall detection and prediction. It includes features like distance, pressure (0: small, 1: medium, 2: high), HRV, sugar levels, SpO2, and accelerometer readings. The target variable, Decision, indicates fall status:   * 0 – No fall detected * 1 – Fall prediction (slip/trip) * 2 – Definite fall   This dataset helps improve fall prevention by identifying risks early.  Link to the Dataset-  <https://www.kaggle.com/datasets/laavanya/elderly-fall-prediction-and-detection> |

Figure 22: Data Selection Table

### Selection of Development Framework

**Frontend**

The frontend of the fall detection system was built using HTML, CSS and JavaScript. These technologies have provided a simple yet effective approach to creating an interacting user interface for the system. For the dynamic content update, real-time visualization of sensor data and to ensure a smooth user experience JavaScript has been utilized.

**Backend**

The backend was built using Python with one of its high-level web frameworks, Django. This has facilitated in efficient data processing, API development and seamless integration with machine learning models. The Django’s built-in functionalities have ensured that the fall detection system has a robust backend with modular architecture, scalable, maintainable abilities. The final backend robustly enables real-time sensor data handling, communication between the frontend and backend.

### Programming Language

In terms of the programming languages used in the fall detection system, Python was used as the main programming language in terms of model building and the backend of the project. To build all the functionalities to work efficiently a few libraries and frameworks in Python were used. For data analysis, data pre-processing and feature engineering popular libraries like Pandas, NumPy and Scikit-learn were used. The machine learning model in the motion sensor data component was built using libraries like TensorFlow and Keras. Moreover, for video processing, frame analysis and to handle real-time posture detection, libraries like OpenCV and Media-Pipe were used.

To serve more to the backend of the project, Python's very popular web framework Django was used. It has helped in managing areas like data processing, integration of machine learning models and handling API requests. Django's robust architecture has helped in ensuring the system to have a smooth connection between the frontend, backend and all functionalities to work efficiently.

The frontend of the application was built using HTML, CSS and JavaScript. These technologies have provided a well working, responsive, and a user-friendly interface for the system, ensuring that the users have a great time using the system. The frontend interface also provides real-time visualization of sensor data and fall detection results. In Addition to that JavaScript was used to enhance the interactivity and to ensure the smooth updates without loading the full page.

The fall detection system has gained efficient working ability due to the combination of these technologies in the right way. In all the functionalities like handling incoming data, applying to ML models, and in delivering the real time fall detection results and insights through the web application, it can be considered that the backbone made of these technologies have played an immense role.

### Libraries

|  |  |
| --- | --- |
| **Libraries** | **Version** |
| SciKitLearn | 1.6.1 |
| Keras | 3.9.0 |
| Numpy | 2.2.3 |
| Mediapipe | 0.10.21 |
| OpenCV | 4.11.0 |
| Matplotlib | 3.10.1 |
| Joblib | 1.4.2 |
| Pickle | 0.0.12 |

Table 25: Libraries used

### Integrated Development Environment (IDE)

For the development of the fall detection system, **PyCharm** and **Visual Studio Code (VS Code)** were the primary Integrated Development Environments (IDEs) used. These IDEs provided efficient tools for coding, debugging, and seamless integration between the backend and frontend components.

### PyCharm for Backend Development

PyCharm was used to develop the backend of the application, particularly for Django-based development. It provided features such as intelligent code completion, debugging tools, virtual environment management, and built-in support for Django. These capabilities streamlined the implementation of backend functionalities, including handling API requests, integrating machine learning models, and managing databases. Additionally, PyCharm's structured interface facilitated efficient organization of the project files and modules.

### VS Code for Frontend Development

VS Code was utilized for designing and implementing the frontend using HTML, CSS, and JavaScript. Its lightweight nature and customizable extensions allowed developers to work efficiently on the user interface. The Live Server extension enabled real-time previewing of frontend changes, ensuring a dynamic and responsive design. Furthermore, VS Code’s Git integration provided version control, making it easier to track changes and collaborate on the project.

By combining PyCharm for backend development and VS Code for frontend implementation, the fall detection system was developed efficiently, ensuring seamless interaction between the Django-powered backend and the web-based user interface. These IDEs played a crucial role in the successful implementation and optimization of the system.

### Summary of Technology Selection

|  |  |  |
| --- | --- | --- |
| Component | Technology/Tool | Version |
| Programming Language | Python | 3.14 |
| UI Framework | Django | 5.1.7 |
| Bootstrap | 5.3 |
| IDE | Visual Studio Code | 1.98 |
| Pycharm | 2024.3.2 |
| Google Collab | - |

Table 26: Summary of technology selection

## Implementation of Core Functionalities

### Accelerometer, Gyroscope sensor data-based fall detection model

|  |
| --- |
| Fall Detection System Logic |
| Input: serial\_port, baud\_rate  Output: fall\_detection\_status  Initialize latest\_sensor\_data  latest\_sensor\_data ← {accelerometer: {x: 0, y: 0, z: 0}, gyroscope: {x: 0, y: 0, z: 0}, fall\_detected: false, timestamp: current\_time}  FUNCTION FallDetectionSystem(serial\_port, baud\_rate)  Initialize system variables  serial\_connection ← NULL  is\_running ← FALSE  model ← load("fall\_detection\_model.pkl")  scaler ← load("acc\_gyro\_scaler.pkl")  segment\_length ← 1000  current\_frame ← []    FUNCTION connect\_to\_arduino()  TRY  serial\_connection ← open\_serial(serial\_port, baud\_rate)  RETURN TRUE  CATCH error  PRINT "Failed to connect to Arduino"  RETURN FALSE  END TRY  END FUNCTION    FUNCTION read\_sensor\_data()  IF serial\_connection IS NULL THEN  RETURN NULL  END IF    TRY  line ← serial\_connection.readline()  values ← parse\_to\_float\_list(line)    IF length(values) = 6 THEN  sensor\_data ← {  accelerometer: {x: values[0], y: values[1], z: values[2]},  gyroscope: {x: values[3], y: values[4], z: values[5]},  raw\_values: values,  timestamp: current\_time  }  RETURN sensor\_data  ELSE  PRINT "Invalid data format"  RETURN NULL  END IF  CATCH error  PRINT "Error reading sensor data"  RETURN NULL  END TRY  END FUNCTION    FUNCTION process\_time\_frame(frame)  IF length(frame) < segment\_length THEN  padding ← segment\_length - length(frame)  frame ← frame + [last\_element(frame)] \* padding  ELSE IF length(frame) > segment\_length THEN  frame ← frame[0:segment\_length]  END IF    frame\_array ← create\_array\_from\_raw\_values(frame)  X ← reshape(frame\_array, [1, segment\_length, 6])    X\_reshaped ← reshape(X, [-1, 6])  X\_scaled ← scaler.transform(X\_reshaped)  X\_scaled ← reshape(X\_scaled, [1, segment\_length, 6])    prediction ← model.predict(X\_scaled)[0]    latest\_sensor\_data.fall\_detected ← boolean(prediction)    RETURN boolean(prediction)  END FUNCTION    FUNCTION start\_monitoring()  IF NOT connect\_to\_arduino() THEN  RETURN FALSE  END IF    is\_running ← TRUE  current\_frame ← []    PRINT "Starting fall detection monitoring..."    WHILE is\_running = TRUE DO  sensor\_data ← read\_sensor\_data()    IF sensor\_data IS NOT NULL THEN  latest\_sensor\_data.accelerometer ← sensor\_data.accelerometer  latest\_sensor\_data.gyroscope ← sensor\_data.gyroscope  latest\_sensor\_data.timestamp ← sensor\_data.timestamp    append(current\_frame, sensor\_data)    IF length(current\_frame) >= segment\_length THEN  fall\_detected ← process\_time\_frame(current\_frame)    IF fall\_detected = TRUE THEN  PRINT "FALL DETECTED!"  END IF    current\_frame ← current\_frame[segment\_length/2:]  END IF  END IF  END WHILE    IF serial\_connection IS NOT NULL THEN  close(serial\_connection)  END IF  END FUNCTION    FUNCTION stop\_monitoring()  is\_running ← FALSE  END FUNCTION  END FUNCTION  FUNCTION get\_sensor\_data(request)  RETURN format\_as\_json(latest\_sensor\_data)  END FUNCTION  FUNCTION handle\_websocket(websocket)  WHILE TRUE DO  websocket.send(convert\_to\_json(latest\_sensor\_data))  sleep(0.05)  END WHILE  END FUNCTION  fall\_detector ← FallDetectionSystem(serial\_port, baud\_rate)  start\_thread(fall\_detector.start\_monitoring)  FUNCTION main()  fall\_detector ← FallDetectionSystem(serial\_port, baud\_rate)  TRY  fall\_detector.start\_monitoring()  CATCH keyboard\_interrupt  fall\_detector.stop\_monitoring()  PRINT "Monitoring stopped"  END TRY  END FUNCTION |

### Joint Based Fall Detection model

|  |
| --- |
| BEGIN      FUNCTION get\_camera\_page(request)          recordings\_dir ← concatenate(settings.MEDIA\_ROOT, "/", "recordings")          video\_files ← EMPTY\_LIST          IF path\_exists(recordings\_dir) THEN              FOR each file in list\_directory(recordings\_dir) DO                  IF file ends\_with(".mp4") OR file ends\_with(".avi") OR file ends\_with(".mov") THEN                      append(video\_files, file)                  END IF              END FOR          END IF          context ← { "videos": video\_files }          RETURN render\_template(request, "camera\_feed.html", context)      END FUNCTION      FUNCTION gen\_frames()          base\_dir ← get\_parent\_directory(get\_parent\_directory(get\_absolute\_path(\_\_file\_\_)))          model\_dir ← concatenate\_paths(settings.BASE\_DIR, "fallguard\_pro", "static", "KNN\_model")          scaler\_path ← concatenate\_paths(model\_dir, "scaler.pkl")          model\_path ← concatenate\_paths(model\_dir, "knn\_model.pkl")          TRY              scaler ← load\_model(scaler\_path)              model\_file ← open\_file(model\_path, "rb")              knn\_model ← load\_pickle(model\_file)          CATCH error              PRINT "Error loading model: ", error              YIELD NULL              RETURN          END TRY          mp\_pose ← initialize\_pose\_module()          mp\_drawing ← initialize\_drawing\_utils()          non\_face\_indices ← [11 to 32]          cap ← open\_camera(0)          IF camera\_not\_opened(cap) THEN              PRINT "Error: Could not open camera."              RETURN          END IF          recordings\_dir ← concatenate\_paths(settings.MEDIA\_ROOT, "recordings")          create\_directory\_if\_not\_exists(recordings\_dir)          log\_filename ← "fall\_detection\_log.csv"          log\_path ← concatenate\_paths(settings.MEDIA\_ROOT, log\_filename)          create\_directory\_if\_not\_exists(get\_parent\_directory(log\_path))          log\_file ← open\_file(log\_path, "w")          writer ← create\_csv\_writer(log\_file)          write\_csv\_row(writer, ["Timestamp", "Status"])          fall\_start\_time ← NULL          non\_fall\_start\_time ← get\_current\_time()          recording ← FALSE          video\_filename ← NULL          fall\_video\_writer ← NULL          fourcc ← define\_video\_codec("mp4v")          pose ← initialize\_pose(min\_detection\_confidence=0.3, min\_tracking\_confidence=0.3)          WHILE TRUE              success, frame ← read\_frame(cap)              IF success IS FALSE THEN                  BREAK              END IF              image ← resize\_frame(frame, width=640, height=480)              image\_rgb ← convert\_to\_rgb(image)              results ← process\_pose(pose, image\_rgb)              label ← "No Pose Detected"              IF pose\_landmarks\_detected(results) THEN                  height, width, \_ ← get\_frame\_dimensions(image)                  landmarks ← get\_pose\_landmarks(results)                  filtered\_landmarks ← filter\_landmarks(landmarks, non\_face\_indices)                  x\_coords ← extract\_x\_coordinates(filtered\_landmarks, width)                  y\_coords ← extract\_y\_coordinates(filtered\_landmarks, height)                  visibilities ← extract\_visibilities(filtered\_landmarks)                  x\_min, x\_max ← min(x\_coords), max(x\_coords)                  y\_min, y\_max ← min(y\_coords), max(y\_coords)                  features\_input ← [                      mean(x\_coords),                      mean(y\_coords),                      mean(visibilities),                      x\_max - x\_min,                      y\_max - y\_min                  ]                  features\_input\_scaled ← transform\_with\_scaler(scaler, [features\_input])                  prediction ← predict\_with\_model(knn\_model, features\_input\_scaled)[0]                  label ← choose\_label(prediction, "Falling", "Not Falling")                  current\_time ← get\_current\_datetime\_string()                  write\_csv\_row(writer, [current\_time, label])                  IF prediction = 1 THEN                      IF fall\_start\_time IS NULL THEN                          fall\_start\_time ← get\_current\_time()                          timestamp\_str ← get\_formatted\_timestamp()                          video\_filename ← concatenate\_paths(recordings\_dir, concatenate\_strings("fall\_", timestamp\_str, ".mp4"))                          fall\_video\_writer ← create\_video\_writer(video\_filename, fourcc, 20.0, (640, 480))                          recording ← TRUE                      END IF                      IF recording IS TRUE THEN                          write\_frame\_to\_video(fall\_video\_writer, image)                      END IF                  ELSE                      IF fall\_start\_time IS NOT NULL THEN                          fall\_duration ← calculate\_time\_difference(fall\_start\_time)                          IF fall\_duration < 5 AND recording IS TRUE THEN                              release\_video\_writer(fall\_video\_writer)                              delete\_file(video\_filename)                          ELSE IF fall\_duration ≥ 5 AND recording IS TRUE THEN                              release\_video\_writer(fall\_video\_writer)                          END IF                          fall\_start\_time ← NULL                          recording ← FALSE                      END IF                  END IF                  draw\_landmarks\_on\_image(image, results, mp\_drawing, mp\_pose)                  draw\_bounding\_box(image, x\_min, y\_min, x\_max, y\_max, color=(0, 255, 0))                  draw\_text\_on\_image(image, label, position=(50, 50), font\_size=1, color=(0, 0, 255))              ret, buffer ← encode\_frame(image, format=".jpg")              frame\_bytes ← get\_bytes\_from\_buffer(buffer)              YIELD concatenate\_bytes("--frame\r\n", "Content-Type: image/jpeg\r\n\r\n", frame\_bytes, "\r\n")          END WHILE          release\_camera(cap)          IF fall\_video\_writer IS NOT NULL THEN              release\_video\_writer(fall\_video\_writer)          END IF          PRINT concatenate\_strings("Fall detection log saved to: ", log\_path)      END FUNCTION      FUNCTION camera\_feed(request)          RETURN StreamingHttpResponse(              gen\_frames(),              content\_type = "multipart/x-mixed-replace; boundary=frame"          )      END FUNCTION  STOP |

### Heart Rate and SP02 Level based model

|  |
| --- |
| START  FUNCTION LoadAndPreprocessData → DataFrame (X, y)  LOAD CSV file into DataFrame STRIP spaces from column names IF required columns ('HRV', 'SpO2', 'Decision') are missing → RAISE ERROR REMOVE rows with missing values in ('HRV', 'SpO2', 'Decision') SET X ← ['HRV', 'SpO2'] SET y ← 'Decision' SPLIT X, y into (X\_train, X\_test, y\_train, y\_test) using train\_test\_split (80/20) RETURN X\_train, X\_test, y\_train, y\_test END FUNCTION  --------------------------------------------------  FUNCTION StandardizeData(X\_train, X\_test) → X\_train\_scaled, X\_test\_scaled, scaler  INITIALIZE StandardScaler  FIT StandardScaler on X\_train  TRANSFORM X\_train and X\_test using fitted StandardScaler RETURN X\_train\_scaled, X\_test\_scaled, scaler END FUNCTION  --------------------------------------------------  FUNCTION TrainKNNAndEvaluate(X\_train\_scaled, y\_train, X\_test\_scaled, y\_test) → best\_k, best\_model  SET k\_values ← [3, 5, 7, 10]  FOR each k in k\_values → DO  INITIALIZE KNeighborsClassifier with n\_neighbors = k  TRAIN model on (X\_train\_scaled, y\_train)  PREDICT y\_pred on X\_test\_scaled  CALCULATE accuracy and cross-validation score  DISPLAY classification report and confusion matrix  END FOR  CHOOSE best\_k based on highest accuracy  RETRAIN model using best\_k RETURN best\_k, best\_model END FUNCTION  --------------------------------------------------  FUNCTION SaveModelAndScaler(model, scaler, model\_path, scaler\_path)  SAVE model to 'knn\_model.pkl'  SAVE scaler to 'scaler.pkl' END FUNCTION  --------------------------------------------------  FUNCTION LoadAndPredict(input\_data, model\_path, scaler\_path) → prediction  LOAD model from 'knn\_model.pkl'  LOAD scaler from 'scaler.pkl'  CONVERT input\_data to DataFrame with column names ['HRV', 'SpO2']  TRANSFORM input\_data using loaded scaler  PREDICT decision using loaded model RETURN prediction END FUNCTION  --------------------------------------------------  # MAIN PROGRAM EXECUTION X\_train, X\_test, y\_train, y\_test ← LoadAndPreprocessData() X\_train\_scaled, X\_test\_scaled, scaler ← StandardizeData(X\_train, X\_test) best\_k, best\_model ← TrainKNNAndEvaluate(X\_train\_scaled, y\_train, X\_test\_scaled, y\_test) SaveModelAndScaler(best\_model, scaler, 'knn\_model.pkl', 'scaler.pkl')  # Example Usage for Prediction sample\_input ← [[50, 95]] predicted\_decision ← LoadAndPredict(sample\_input, 'knn\_model.pkl', 'scaler.pkl') DISPLAY predicted\_decision  END |

## Chapter Summary

This chapter had covered the technologies referred to develop the application in terms of its coding backend, database approaches and other means of training the models and developing the frontend. The core functionalities of each model were listed out as well, covering how each of them functions in terms of assessing a fall. The diagram in the technology stack presents the front end and backend components included in the development of the application, each of which show how the more core and important components of the application were defined and made.

# TESTING

## Chapter Overview

In this chapter, the performance metrics of each machine learning model in the project is evaluated, assessed and tested such that they each meet a certain standard before being deployed in an active environment. The functional tests, benchmarking, module and integration testing as well as non-functional testing components where load balancing, accuracy assessment and performance evaluations are carried out are explained here.

## Objectives and Goals of Testing

The primary objective of the tests to be carried out is to assess if the application is suitable for an industry standard environment such that it may satisfy the needs of each patient with a recursive performance metric. The main goals of the testing phase are to:

* To identify potential issues within the system such as false positives for certain detections and assessments of how the environment could obstruct the applications performance
* To evaluate if the system performs as intended when deployed in a patient’s environment
* To assess the model’s performance by measuring the total number of false positives and true positives detected (vice versa for negatives) such that the model’s accuracy is evaluated
* To see if there are any potential vulnerabilities within the system that could disrupt and breach the patient’s personal data

In conclusion, the process of testing the system for any vulnerabilities or performance issues can enhance the system while marking out any issues the system may have.

## Testing Criteria

### Functionality Testing Criteria

#### Sensor Data Processing and Integration:

Verify that the system correctly captures, processes, and integrates data from multiple sensors, including the **MPU6050 (accelerometer & gyroscope), SpO2 sensor, and camera feed**.

#### Real-Time Fall Detection:

Test whether the system can accurately detect falls in real-time based on the **individual model outputs** and the **final weighted voting approach**. Ensure the system correctly identifies falls, non-falls, and the "risk of falling" state.

#### Model Accuracy and Predictions:

Validate that each detection model contributes effectively to the final decision-making process:

* **Camera Model:** Assess its ability to identify falls based on body posture analysis using MediaPipe Pose and a KNN classifier.
* **Accelerometer & Gyroscope Model:** Test its effectiveness in detecting sudden changes in motion that indicate a fall event.
* **Heart Rate & SpO2 Model:** Ensure it accurately tracks physiological data and detects anomalies that may correlate with falls.

#### Weighted Model Fusion:

Ensure that the weighted voting mechanism correctly prioritizes the models, where the camera model has the highest priority (weight = 4), followed by the accelerometer & gyroscope model (weight = 2), and finally, the heart rate & SpO2 model (weight = 1). Confirm that the final decision aligns with the expected behaviour based on assigned weights.

#### System Alerts and Notifications:

Confirm that the system appropriately triggers alerts and notifications when a fall is detected, providing timely feedback for potential emergency response.

#### User Profile and Dashboard Functionality:

Test the functionality of the **User Profile and Dashboard** components, ensuring users can view past fall events, sensor data history, and system-generated insights.

### Non-Functionality Testing Criteria

#### Performance:

Assess the system's ability to process sensor data and make real-time predictions efficiently. Measure the response time for each model and for the overall system when detecting falls and generating alerts, ensuring minimal latency.

#### Reliability:

Test the system under varying conditions:

* Different user movements and lighting conditions (for the camera model)
* Different motion patterns and orientations (for the accelerometer & gyroscope model)
* Variability in physiological readings (for the heart rate & SpO2 model)

Ensure consistent performance and reliable fall detection across all conditions.

#### Security:

Ensure that **user data, including sensor readings and stored fall history, is securely processed and stored**. Verify that **data transmission between hardware and the system is encrypted** to prevent unauthorized access.

#### Scalability:

Analyse the system's capability to handle multiple users simultaneously, testing how it performs with increasing data loads and concurrent device connections.

#### Maintainability:

Review the **code structure, documentation, and modularity** to ensure that future updates, bug fixes, and enhancements can be implemented with minimal effort. Validate that the API interactions and model components are well-documented.

#### Energy Efficiency (for Wearable/Embedded Devices):

Evaluate power consumption to ensure that the system can operate efficiently on battery-powered devices, considering factors like **sensor polling frequency and computational load**.

## Model Evaluation

To evaluate the models there are a variety of metrics to be considered. This mainly includes the classification report produced after the creation of a model once fitted with data and then run. The classification report points out the following parameters:

* Precision - measures the proportion of correctly predicted positive observations to the total predicted positives

Equation 1: Equation to measure Precision

* Recall (Sensitivity or True Positive Rate) - measures the proportion of correctly predicted positive observations to all actual positives

Equation 2: Equation to measure Recall

* F1-Score – Measures the harmonic mean of precision and recall by balancing the two metrics (in other words, measures the imbalance between the two classes)

Equation 3: Equation for F1-Score

* Support Vectors – Refers to the number of true instances for each class in the dataset
* Accuracy - measures the overall correctness of the model by dividing the number of correct predictions by the total predictions

Equation 4: Equation for Accuracy

* Macro Average - calculates the average of precision, recall, and F1-score across all classes, treating each class equally
* Weighted Average - calculates the average of precision, recall, and F1-score while taking class support into account

Thereafter regarding the confusion matrix, it simply points out the total number of true positives against the total number to true negatives and vice versa. This shows the following:

* True Positives – Total number of correct/true positive predictions made (e.g. Person A did fall)
* False Positives Total number of incorrect/false positive predictions made
* True Negatives – Total number of correct/true negative predictions made (e.g. Person A did not fall)
* False Negatives - Total number of incorrect/false negative predictions made

### Classification Report

#### Joint Based Model

To detect whether a fall occurs through a joint based model a cross-validation score was carried out to finalize which model was the most ideal and optimal for the dataset created through the fall detection images that were used from the Kaggle based dataset. The models assessed were:

|  |  |  |  |
| --- | --- | --- | --- |
| Model | Cross Validation Mean Accuracy | Model Accuracy | Verdict |
| Logistic Regression | 0.7570 | 0.7641 | * Model Performance too poor * Accuracy too low * Fails to detect falls well enough |
| Support Vector Classifier | 0.8194 | 0.8119 | * Model Performance Optimal but could be better * Accuracy not high enough |
| Random Forest | 0.9935 | 0.9964 | * Accuracy too high, hence leading to overfitting issues * Model better detects data found in the dataset that newly created data |
| K-Nearest-Neighbours | 0.8844 | 0.8835 | * Optimal Accuracy * Performance in task environment is credible as well |

Table 27: Cross Validation Assessment for Joint Based Model

According to the outcomes of the table above it may be denoted that the most optimal model for the joint based model’s predictions would be the KNN model in which had an accuracy above 85% and below 90%, hence making it ideal. There is a smaller risk of experiencing overfitting issues given the fact that the models overall accuracy is below 90%.

Before finalizing the model, a tuning was carried out to fine tune the model to address which hyper parameters were the most optimal for the provided dataset. It was then denoted that the ideal hyperparameters were 5 neighbours as it had retained an accuracy just shy of 90%. To conclude, the model’s architecture was engineered and optimized for the provided created dataset, hence making it the most optimal to make predictions. The classification report was like so:

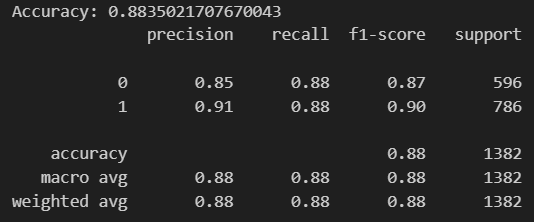


Figure 23: Classification Report Joint Based Model

#### Motion Sensor Data (Accelerometer and Gyroscope) Based Model

Three models were trained with the Sisfall dataset to compare and choose one model to carry on with. A hyper parameter tuning was done with grid searches for each 3 of these models. The given below shows the best accuracy of the three models with the best parameters.

|  |  |  |
| --- | --- | --- |
| Model | Metrics | Verdict |
| CNN (Convolutional Neural Network) | **Accuracy**: 0.90  **Precision:** 0.96 0.81  **Recall:** 0.88, 0.93  **F1 Score:** 0.92, 0.87 | * Model performance is good. * Captures patterns in the time-series data effectively. * Able to work with 3-dimensional data directly. |
| XGBoost | **Accuracy**: 0.95  **Precision**: 0.94, 0.98  **Recall**: 0.99, 0.88  **F1** **Score**: 0.96, 0.93 | * Need to convert 3D data into 2D. * Higher accuracy might be due to this transformation. * Possible loss of information, making it less ideal for sensor data. |
| TCN (Temporal Convolutional Network) | **Accuracy**: 0.90  **Precision**: 0.94, 0.83  **Recall**: 0.90, 0.90  **F1** **Score**: 0.92, 0.86 | * Also good for time series data, since TCN is an algorithm specific for time series data. * Similar performance to CNN, but CNN is a more standard approach. |

Table 28: Model Assessment for Motion Sensor Data Model

Since the data fed into the models take a three-dimensional format which is structured as (sample, timesteps, features). Here, each sample consists of multiple time steps, and each time step contains six features: three from the accelerometer (x-axis, y-axis, z-axis) and three from the gyroscope.

CNN was chosen as the final model because it can process raw 3D sensor data without the need for converting the 3D data into 2D. On the other hand, XG Boost which is a machine learning model, cannot work directly from raw data. It requires converting this structured time-series data into a 2D format. CNN can directly learn special and temporal patterns from the original structure. CNN offers a more natural way to process raw sensor data in real-time while maintaining the meaning, which makes it the preferred choice for the motion sensor data fall detection model.

Given below is classification report of the final model – CNN

A screenshot of a computer screen

AI-generated content may be incorrect.

Table 29: Classification Report - Motion Sensor Data Model

The below given two plots show how the model has improved its accuracy and decreased its validation during training and validation throughout the epochs. These figures show that the model has been identifying patterns well while not getting prone to overfitting.

A screenshot of a graph

AI-generated content may be incorrect.

Table 30: Accuracy and Loss over the epochs - Motion Sensor Data Model

#### Heart Rate and SPO2 level model

To determine whether a fall occurs using the heart rate and SPO2 level model, a cross-validation score was conducted to finalize the most optimal model for the dataset. The dataset was generated from real-world physiological parameters related to fall risk. The models evaluated were as follows:

#### Model Performance Analysis

|  |  |  |  |
| --- | --- | --- | --- |
| **Model** | **Cross Validation Mean Accuracy** | **Model Accuracy** | **Verdict** |
| Logistic Regression | 0.7342 | 0.7415 | Accuracy too low, fails to detect falls reliably |
| Support Vector Classifier | 0.8123 | 0.8054 | Optimal but could be improved |
| K-Nearest Neighbors | 0.8713 | 0.8698 | Best performance, balances accuracy and generalization |

Table 25: Cross Validation Assessment for Heart Rate and SPO2 Level Model

Based on the results above, the **K-Nearest Neighbors (KNN) model** was selected as the optimal model, with an accuracy close to **87%** but below **90%**, minimizing the risk of overfitting. This ensures a balance between performance and generalization when making predictions.

Hyperparameter tuning was conducted to optimize the model further, and it was determined that **7 neighbours** provided the best balance, maintaining an accuracy just under **90%** while ensuring reliable predictions.

### Confusion Matrix

#### Joint Based Model

Regarding the confusion matrix for the joint based model, refer to the following figure:

A blue squares with white text

AI-generated content may be incorrect.

Figure 24: Confusion Matrix for Joint Based Model

The total number of predicted labels were as follows:

|  |  |  |
| --- | --- | --- |
| Metric | Description | Value |
| True Positives | Total number of actual falls detected | 694 |
| False Positives | Total number of false falls detected | 69 |
| True Negatives | Total number of actual non-falls detected | 527 |
| False Negatives | Total number of false non-falls detected | 92 |

Figure 25: Confusion Matrix Metrics for joint based model

#### Motion Sensor Data (Accelerometer and Gyroscope) Based Model

The confusion matrix of the chosen model for the motion sensor data module (CNN) is shown below.

A blue squares with white numbers

AI-generated content may be incorrect.

Figure 26: Confusion Matrix for Motion Sensor Data Model

|  |  |  |
| --- | --- | --- |
| Metric | Description | Value |
| True Positives | Total number of actual falls detected | 269 |
| False Positives | Total number of false falls detected | 68 |
| True Negatives | Total number of actual non-falls detected | 471 |
| False Negatives | Total number of false non-falls detected | 29 |

Table 31: Confusion Matrix for Motion Sensor Data Model

#### Heart Rate and SPO2 level model

Regarding the confusion matrix for the HRV, SPO2 based model, refer to the following figure:

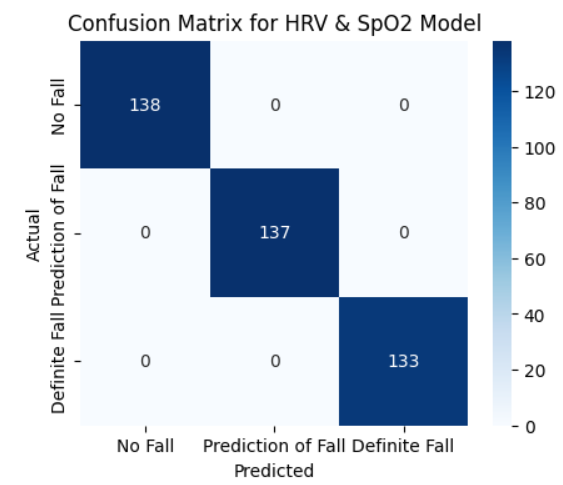


Figure 27: Confusion Matrix for Heart rate and spo2 model

## Benchmarking

The purpose of the benchmarking chapter is to compare out current product against other existing products such that the performance metrics may be assessed and evaluated to a regulated standard.

|  |  |  |
| --- | --- | --- |
| **System Component** | **Human Level & State-of-the-art performance** | **Comparison of the model with similar products** |
| Motion sensor data  (Accelerometer & Gyroscope) based fall detection | Human detection of falls is often subjective and delayed, whereas these models in research achieve around 85-95% accuracy using various sensor fusion techniques or different feature extraction methods. | Unlike many traditional models that use handcrafted features and classifiers like SVM or Decision Trees, this system utilizes a CNN to process raw sensor data in its original 3D format, preserving spatial and temporal dependencies. Research studies often convert time-series data into 2D before training, whereas this approach maintains the original structure for improved accuracy. |
| Joint Based data (Joint projections) based fall detection model | Humans can detect a person falling based on intuition, body posture changes, behavioural changes and other visually perceptive aspects. However, their performance may be hindered by fatigue, reaction time, and availability hence limited their overall reaction time in detecting a fall. As of now there are tools and technologies available in determining if a person falls through Advanced **joint-based models** that leverage **pose estimation** (e.g., OpenPose, MediaPipe) to track skeletal joints and detect abnormal movements. It manages to achieve high accuracies (>90%), low false positives, and real-time processing on edge devices | Compared to most fall-detection models that utilize joint projection, they use conventional techniques such as pose estimation through random forests or even simple logistic regression model. However, this model supersedes them to an extend by utilizing a carefully curated dataset for both the training and test data. The data provided has joints pre-mounted onto the images that are then extracted onto a file to specify which coordinates are to be attained to categorize an active image as a fall. Furthermore, the complexity of the setup of the device is quite simple given that only a camera is required with no bodily wears for further data collection. Not to mention that the setup simply requires it that the subject to be visible from torso to toe. |
| HRV & SpO2-Based Fall Detection | Human assessment of fall risk based on HRV and SpO2 levels is subjective and inconsistent. AI-based models in research achieve 85-95% accuracy by leveraging deep learning and advanced time-series analysis. | Most existing systems rely on motion-based detection (accelerometers, gyroscopes) without considering biometric indicators. Our model integrates HRV and SpO2 data to predict falls before they happen, improving proactive intervention. |

Table 32: Benchmarking Table

## Functional Testing

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Test Case | Description | Input | Expected Output | Actual Output | Remark |
| 01 | * Provide input feed from joint based model of person lying down * Provide regular heart rate and SPO2 levels * Provide simulated regular movement from user when lying down | Video Feed, Heart Rate & SPO2 Feed, gyroscopic & accelerometer feed | Assumes red-alert status but option is to deny actual fall is there on dashboard | Red-alert state achieved but fall is not approved given the fact that only one model gave an alert | PASS |
| 02 | * Provide input feed from all three models that state that the user has: * High Heart Rate * Irregular Movement * Joint Based model stating person has fallen | Video Feed, Heart Rate & SPO2 Feed, gyroscopic & accelerometer feed | Assumes red-alert and immediately alerts all saved contacts of person falling | Successfully assumes red-alert and immediately alerts all saved contacts of person falling | PASS |
| 03 | * Provide only heart rate and accelerometer/gyroscope-based feed to assess if a person falls | Heart Rate & SPO2 Feed, gyroscopic & accelerometer feed | Assumes a yellow alert if since feeds are coming from only the hear rate and movement sensors, confirmation button is provided as well | Successfully assumes yellow alert state | PASS |
| 04 | * Provide feed from each model where there are no irregular movements, heart rates or even joint based falls | Video Feed, Heart Rate & SPO2 Feed, gyroscopic & accelerometer feed | System should assume a green state where there are no errors | System assumes a greed state successfully | PASS |
| 05 | * Disconnect all devices from the application such that the models receive no feed | Nothing | System should alert user of there being a connection issue | System receives a disconnected device error | PASS |

Table 33: Functional Test Table

## Module and Integration Testing

To integrate the modules and each component into the project as a single application, each component was concurrently assessed such that each threads performance was assessed as it ran alongside the other. The logic is as follows, an ETL pipeline was developed to collect data from three concurrent streams to collect the user’s data, transform it to the required format and then load it into each of the models for processing. The load times and memory/machine utilization were monitored thoroughly to ensure efficiency and a regulated level of performance. To guarantee that there would be no failures experienced in the deployment of the application the following were ensured and assessed:

* Use cases were tested and tried before deploying the model to ensure that the core functionalities of the application would operate as expected
* Assess the performance of the models without having them communicate with each other to assess partial setup-based performances
* Carry out trial runs to evaluate potential issues and bugs, thereafter, fixing them and making the necessary adjustments

## Non-Functional Testing

### Accuracy Testing

Accuracy testing evaluates how well the system correctly detects falls, non-falls, and risk-of-falling cases by assessing the **individual model performances** and the **final weighted voting decision**.

Each model's accuracy is tested separately before evaluating the combined system:

* **Camera-Based Fall Detection Model**: Measures how accurately it classifies body posture changes related to falls using **MediaPipe Pose and KNN classification**. Tested under varying lighting conditions and camera angles.
* **Accelerometer & Gyroscope Model**: Assesses the detection of sudden motion changes indicative of falls using data from the **MPU6050 sensor**. Tested across different movement patterns and impact scenarios.
* **Heart Rate & SpO2 Model**: Evaluates the system’s ability to detect physiological anomalies (such as sudden drops in SpO2 or spikes in heart rate) that may indicate a fall risk.

The **final weighted voting model** is validated by ensuring that the **priority-based decision-making** functions as intended, with the camera model having the highest influence, followed by the accelerometer & gyroscope model, and the heart rate & SpO2 model. The accuracy of the system is determined using real-world test cases and benchmark datasets, ensuring a **high true positive rate and minimal false positives** for reliable fall detection.

### Performance Testing

The performance of the fall detection system was evaluated by testing the individual models, as well as the combined weighted voting system. Each model's accuracy was assessed separately before evaluating the final decision-making process based on weighted voting.

#### Data Used for Testing:

* **Camera-Based Fall Detection Model**:
  + Dataset used: Image Based Fall Dataset
  + Number of test cases: 970
  + Number of fall cases: 208 (only utilized for training)
  + Number of non-fall cases: 208 (only utilized for training)
  + Testing conditions (e.g., lighting, angles): Fully lit task environments with full visibility of the patient/user’s body
* **Accelerometer & Gyroscope Model**:
  + Dataset used: Sisfall
  + Number of test cases: 4500
  + Number of fall cases: 1798 (40%)
  + Number of non-fall cases: 2702 (60&)
  + Testing conditions (e.g., movement patterns, impact scenarios): movement patterns
* **Heart Rate & SpO2 Model**:
  + Dataset used: Cstick
  + Number of test cases: 100
  + Number of fall cases: 100
  + Number of non-fall cases: 100

### Load Balancing

Load Balancing is a technique used to optimize resource efficiency to enhance the system responsiveness. This is done through distributing network traffic across multiple servers which helps in preventing server overload. Load balancing uses strategies such as least connections and round-robin for this purpose. This improves both system performance and reliability.

However, load balancing is not required for this system as it is hosted on a local server where network traffic is not a limiting factor.

## Limitations

In terms of some of the limitations the application may experience, refer to the following:

* The joint based model can only monitor one subject at a time, so if ever multiple individuals were to be detected at a time there would be a collusion of multiple subjects
* The memory allocation and CPU utilization required by the application is beyond commercial use machines capabilities, hence making the app both difficult and expensive to run
* The overall accuracy of the system revolves around 80%, hence making the system expect false positives (and negatives) at least 20% of the time
* The recommendation system in the application is not credible enough to regard actual treatments off but may be regarded by a doctor for second opinions

## Chapter Summary

In conclusion, this chapter regards an in-depth analysis into how each model was evaluated before even being trained such they perform up to a certain standard. Furthermore, the datasets referred to by each model were elaborated here as to how they were curated to fit into each model and how each model was catered to processing them with after being put through a series of hyper-parameter tuning algorithms. Furthermore, the classification reports and confusion matrixes were provided to assess the average performance per model as well as the test cases carried out to evaluate each model performance. Finally, the limitations experienced by the application were discovered and addressed in the chapter properly.

# EVALUATION

## Chapter Overview

This chapter covers the criteria’s regarded to evaluate the performance and standards of the project by documenting a domain and technical experts remarks made on the features of the project. All the functional and non-functional components of the project are assessed such that fee back is provided for each module in the project, in details

## Evaluation Methodology and Approach

The system continuously collects data from 2 sensors and the camera. The two sensors are MPU6050 (accelerometer and gyroscope), MAX30102 (heart rate and spo2 levels). The three data sources are connected to each of the 3 models related to them. In each pipeline, data is processed and scaled before getting the prediction from the model. The prediction of each model is then directed to the combined model where, based on all three results of the 3 models it decides whether it’s a real fall happening, or a risk of falling or no fall happening at all.

The system was evaluated by consulting experts in both the medical and technical fields. Prior to the evaluation, a detailed report outlining the functionality and working of the entire system was shared with the experts. Following the demonstration, their feedback was gathered through a comprehensive questionnaire.

## Evaluation Criteria

Regarding the criteria’s to be assessed in the project, regard the following:

* The domain and concept of the project
* The scope of the project
* The system design, architecture, workflow
* The deployability and scalability
* The interpretability and aesthetic of the interfaces
* The solution and prototype

## Self-Evaluation

|  |  |
| --- | --- |
| **Criteria** | **Authors Remarks and evaluations** |
| Domain and Concept | The domain handled is both a very common and sensitive issue to tackle given the fact that most elderly individuals are tended to in isolated conditions, hence this makes the need for a project as such high given that there is a large population of elderly individuals that live in isolated conditions. A project as such enables better and faster fall detections in isolated conditions while being almost completely autonomous |
| Scope | The scope of the project is to ensure that elderly individuals in isolated conditions are not in a risk of falling by monitoring their movements and heart rates |
| System Design, architecture, workflow | The system is designed on Django and has a user-friendly interface that is both informative and easy to understand. It is developed as a web application, hence enabling any device to visit the site and monitor an individual |
| Deployability and scalability | The project may be containerized and staged on a simple instance without too many pre-requisites, it is easy to scale and increase the projects size by simply adding in a new app |
| Interpretability and aesthetic | The site is simple and easy to understand, a guide is provided alongside everything to help individuals using the site to understand where each function is and what they do |
| Solution and prototype | The proposed solution is to be a web application with only the necessary components including a weekly report, dashboard to view live feeds, camera page to view the joint based movements and a login to create user and patient profiles |

Table 34: Self Evaluation Table

## Selection of Evaluators

Two types of evaluators have been selected to evaluate this project. They are:

1. **Domain expert from the medical field.**

The domain expert selected for this project is **Miss Iresha**, a physiotherapist working in **the field of rheumatology at the National Hospital in Sri Lanka**. She has several years of experience in treating and advising patients, particularly in **improving patient mobility**, making her well-equipped to assess the medical applicability and practicality of the fall detection system.

1. **Technical expert**

**Sir Ayoob** has been selected as the technical expert for this project evaluation. He is a **data engineering expert** and the **lecturer for the data engineering module**. With his expertise in technical aspects, he is well-suited to evaluate the project.

## Evaluation Results

### The domain and concept of the project

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the domain and concept of the project?** |
| Person | Miss Iresha | "The concept of this project is highly relevant, particularly for elderly individuals prone to falls. A system that can provide real-time monitoring and alert caregivers has the potential to reduce injuries and improve patient safety. However, clear criteria must be set for what constitutes a ‘fall’ and how different risk levels are determined." |
| Sir Ayoob | “In terms of the domain, I think your project is quite helpful given the fact that you are considering a major population of individuals that are isolated and living in conditions that include immediate support from only themselves. The concept itself is quite unique in terms of its nature” |

Table 35: Feedback for domain and concept

### Scope of the project

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the scope of the project?** |
| Person | Miss Iresha | "The project’s scope is well thought out, covering essential aspects of fall detection and risk assessment. However, as the system evolves, patient consent should be considered if the technology is introduced for real-world use. Additionally, future system components must be carefully structured to ensure seamless integration into medical and home care settings." |
| Sir Ayoob | “The scope is quite vivid and aims to support a large community of individuals, however its boundaries and limitations are planned out well enough to execute the project with relative ease. Besides that, the development methodology is ideal for the mentioned domain” |

Table 36: Feedback for scope of the project

### System design, architecture, and implementation

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the systems design, architecture and workflow?** |
| Person | Miss Iresha | "The system workflow is logical and structured to provide real-time feedback. However, careful planning is needed for how the system will function in an actual healthcare or home setting. Future components must be integrated with minimal disruption to patients' daily routines. Additionally, parameters defining a fall should be well-documented to ensure accuracy." |
| Sir Ayoob | “The system design is based on Django which is a good solution to developing and deploying an application you’re expecting to scale up by adding in new apps. Besides that, the architecture and design for the project is well made and follows a good etiquette for migrating and making changes to the key components. Furthermore, the login forms and password management in the database is well done given that a token-based system is used with expiration and retention periods. Finally, the workflow of the system is well structure given the use of multi-threading to route data streams to the correct model. Although the models work well through multithreading, Apache Airflow may be utilized here to schedule each process through DAGs in order to ensure better optimizations and view all he tasks being carried out” |

Table 37: Feedback on design, architecture and workflow of system

### Deploy ability and scalability

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the deployability and scalability of the project?** |
| Person | Miss Iresha | "Deploying this system in real-world scenarios will require considerations such as patient data privacy and ease of use for both caregivers and medical professionals. Scalability is a key factor; as more users adopt the system, ensuring seamless updates and maintenance will be crucial." |
| Sir Ayoob | “Regarding the deployability of the project, it may be containerized and staged on an EC2 instance. A redshift database may be used to retain the user’s profiles and data while an S3 bucket may be used for storing the outputs of each model hence making it a deployable application. Its scalability is also well thought out given the fact that the entire system may be staged on AWS” |

Table 38: Feedback for deployability and scalability

### Interpretability and aesthetic of the interfaces

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the interpretability and aesthetic of the interface of the project?** |
| Person | Miss Iresha | "The UI should be more accessible, particularly for elderly users. The way information is represented can be improved, ensuring that alerts, status updates, and controls are clear and easy to understand. Additionally, the weekly report should be designed so that both patients and medical professionals can interpret it effectively." |
| Sir Ayoob | “The UI is simple and easy to understand and follows the expected aesthetic of a medical website. However, a walkthrough may be useful for non-technical users given that they may need assistance navigating through each page and feature” |

Table 39: Feedback on interpretability and aesthetic of the project

### Solution and Prototype

|  |  |  |
| --- | --- | --- |
|  | **Question** | **What do you think about the solution to the project and its prototype?** |
| Person | Miss Iresha | "The prototype effectively showcases the core idea of fall detection. However, as the system progresses, attention should be given to refining how the data is processed and ensuring medical professionals can rely on the predictions. The system should also have a clear mechanism for obtaining patient consent if used in real-world settings." |
| Sir Ayoob | “In a holistic perspective, the project is ambitious, and the solution is quite applicable and feasible given its nature and existing knowledge bases. Furthermore, the prototype demonstrates its potential quite well marking out its core functionalities and basic features. The use of an occlusion-based model, however, may be optimal for a joint based model given the fact that it considers obstructions that the computer-vision based model may come across” |

Table 40: Feedback on solution and prototype of the project

## Limitations

|  |  |
| --- | --- |
| **Person** | **Suggestion/ Feedback** |
| Miss Iresha | “In terms of the domain of the issue it is already has a well-structured solution, however given the fact that the patients past disease are not taken into consideration heavily affects the outcome of a prediction as it could be that some readings are normal for their given conditions. It would be ideal if the system considers these components before making a prediction as well” |
| Sir Ayoob | “Each model has a fair bit of room for improvement given their current implementations and backgrounds, however some of the limitations the system may experience include handling obstructions that could prevent the camera from detecting the subject. Although media pipe already offers a solution for joint visibility, it would be better if an occlusion-based model could be developed”  “The system lacks Apache Airflow, limiting workflow orchestration, task scheduling, and dependency management. This increases maintenance overhead and reduces flexibility, making complex workflows harder to manage.” |

Table 41: Feedback on limitations

## Evaluation on Functional Requirements

|  |  |  |  |
| --- | --- | --- | --- |
| ID | Requirement And Description | Evaluation | Priority |
| FR01 | **Real-Time-Fall Detection –** Always analysing the potential of a fall using the sensors and the camera accurately. | Implemented | Critical |
| FR02 | **Automated Alerts before a fall occurs and after -** The system must be able to alert the relevant authorities if a user is in risk of a fall or has fallen such that they will respond immediately to the issue | Implemented | Critical |
| FR03 | **Posture Detection -** The application should be able to detect the posture of a person to detect the persons pre-fall poses. | Implemented | Critical |
| FR04 | **Heart Rate & SP02 Level Monitoring -** The system must be capable of accurately and actively measuring the patient’s heart rate and SPO2 levels such that it can detect if they reach **an** elevated state or are in a normal state | Implemented | Critical |
| FR05 | **Activity Monitoring -** Track the daily movement of the user to actively being traced and monitored by the system (e.g. see if they’re standing, walking or in an idle position) | Implemented | Moderate |
| FR06 | **Periodic Health Check Reminders -** Constantly or time to time reminding the user to take self-assessments for them and the caretakers to understand their health status. Besides that, the user may be instructed to take a seat to keep them safe. | Not- Implemented | Moderate |
| FR07 | **Long-Term-Data Storage -** Storing historical health data (posture, blood pressure, fall events) to track trends and to generate insights over time. | Implemented | Moderate |
| FR08 | **Emergency Contact Setup -** The system should enable the user to setup emergency contacts (such as authorities in areas close to them) for them to respond to a fall or potential fall immediately | Implemented | Critical |
| FR09 | **Battery Level Alerts -** The system should be able to alert the user of low battery levels so in those cases, user can be advised to stay in an idle position (in a controlled space) until the device is ready to be used again. | Not-  Implemented | Moderate |
| FR10 | **User Profile Customization -** The caretakers should be able to develop profiles for the user (elder) that take into consideration their age, height, weight, previous conditions. | Implemented | Moderate |
| FR11 | **Environmental Monitoring Integration -** The system may optionally amend the sensors for room temperature or humidity to provide a safer living environment for users in isolated settings | Not-  Implemented | Non-Important |
| FR12 | **Weekly Health Reports -** The system should be able to generate reports on the users’ movements for the week to specify if they have been moving around in an irrational manner such that it might suggest that the user is experiencing fall inducing symptoms | Implemented | Moderate |
| FR13 | **Manual Emergency Button -** Provides a button for users to manually trigger an alert if they feel at risk of falling or are experiencing a health issue. | Implemented | Critical |
| FR14 | **Educational Content on Join health -** Includes access to information and tips on joint health, fall prevention, and exercises for improving stability and balance. | Not-  Implemented | Non-Important |

Table 42: Evaluation of functional requirements

## Evaluation on Non-Functional Requirements

|  |  |  |  |
| --- | --- | --- | --- |
| ID | Requirement and Description | Evaluation | Priority |
| NFR01 | **Reliability and Responsiveness**: The system must accurately detect falls and give alerts with minimum of false positives or negatives immediately. | Implemented | Critical |
| NFR02 | **Performance and Efficiency**: The immediate detection and sending alerts should be done with optimized usage of power for wearable devices. | Implemented | Critical |
| NFR03 | **Usability and Accessibility**: The interface has to be user-friendly. Needs to have accessible designs (visually impaired people) | Implemented | High |
| NFR04 | **Security and Data Privacy**: Sensitive data must be handled with privacy standards, which limits access to authorized personnel. | Implemented | Critical |
| NFR05 | **Scalability and Interoperability**: System should be able to support additional users, sensors, and devices without the need of significant changes. | Not-Implemented | Moderate |
| NFR06 | **Maintainability**: The codebase should be able to be easily maintained, by allowing for easy updates, bug fixes and future enhancements. | Implemented | High |

Table 43: Evaluation of non-functional featuress

## Chapter Summary

To summarize the contents of this chapter, it regards the evaluation of the functional and non-functional components of the fall detection project while going into detail over who the evaluators were and how they were selected. The evaluation criteria are covered as well to point out which metrics were assessed and how it will be done. Finally, the limitations of the project were addressed and regarded here with a solution to each issue.

# APPENDIX

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