

Smart Elderly Assistant System

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Abstract - As the global population ages, many elderly individuals—especially those over 60—face distinct challenges in maintaining their independence and quality of life. Numerous older adults, particularly those living alone, lack consistent oversight and personal care, which can lead to significant health and safety issues. Without regular check-ins, problems like falls, medication mismanagement, and unreported emergencies can occur, often resulting in serious health complications or even tragic outcomes. These situations not only affect the individuals involved but also place emotional and financial burdens on their families and healthcare systems.

To tackle these challenges, innovative e-health solutions are becoming increasingly vital. Advances in technology—especially artificial intelligence (AI) and the Internet of Things (IoT)—have the potential to transform elder care. Smart sensors, wearable devices, and intelligent monitoring systems can provide more than just fall prevention; they can deliver continuous, real-time support tailored to each individual's needs. Picture an AI-powered assistant that reminds an elderly person to take their medications, tracks their overall health, monitors their emotional well-being, and even alerts caregivers in case of an emergency. These smart solutions create a safety net, enabling older adults to live more independently while ensuring they are never truly alone. By embracing these technologies, we can help our aging loved ones feel more secure, supported, and connected in their daily lives.

Index terms: Artificial Intelligence (AI) Internet of Things (IoT) E-health Smart Sensors.

1. INTRODUCTION

In 2022, there were approximately 149 million individuals aged 60 and older in the country, accounting for about 10.5 percent of the total population as of July 1. This figure is projected to double by 2050, reaching 20.8 percent, which translates to around 347 million people. By the end of the century, the elderly will represent over 36 percent of the nation's population.

By 2046, the elderly population in India is expected to exceed the number of children aged 0-14 years. Additionally, the proportion of individuals aged 15-59 years will also see

a decline. Currently a relatively young nation, India is on the path to becoming an aging society in the coming decades.

When elderly individuals live alone, there is a significant risk that if they fall, no one will be there to help. This can result in severe consequences, including life-threatening injuries or even fatalities. To mitigate such risks, it is crucial to implement systems that can detect falls and promptly alert caregivers, family members, or emergency services.

Various studies have proposed monitoring home appliances to assess the well-being of elderly individuals. However, these systems often struggle to adapt to changes in daily habits. Real-time fall detection and interpreting an elderly person's expressions remain challenging. While surveillance cameras are commonly used in public areas, their application in private homes is limited due to privacy issues. Wearable devices such as rings, pendants, and watches can assist in fall detection, but they depend on the elderly wearing them consistently and keeping them charged, which may not always be feasible.

Research in robot therapy has indicated that user-friendly robots can offer support without inducing stress for their users.

2. LITERATURE REVIEW

In recent years, the use of machine learning and deep learning models in healthcare has surged, significantly enhancing diagnosis, treatment, and patient care, particularly in monitoring and assisting the elderly. These models are highly effective in detecting health issues and ensuring safety, offering improved accuracy and efficiency. Among many methodologies, this project draws from several key studies in the domain.

Convolutional neural networks (CNNs) like ResNet50 and MobileNetv2 have been discussed extensively in the literature for image-based classification tasks. ResNet50, a popular architecture for residual learning, helps address the vanishing gradient problem that arises in deep networks, making it suitable for complex pattern identification. MobileNetv2, on the other hand, is a lightweight architecture that provides an extremely efficient solution for mobile applications, particularly in scenarios where high accuracy must be achieved with low computational power. This makes MobileNetv2 a suitable choice especially in real-time mobile solutions for elderly care.

Further, object detection techniques such as YOLOv5 (You Only Look Once) are pivotal in identifying specific regions within the body, assisting with early detection of potential issues. YOLOv5 excels in real-time, multi-region detection, a crucial feature for health monitoring applications that require fast, accurate identification. Many have successfully applied YOLOv5 to healthcare scenarios, demonstrating its ability to balance speed and precision—vital for applications where immediate intervention is necessary, such as fall detection and monitoring vital signs.

This project focuses on creating a comprehensive system that integrates advanced technologies with real-time alert capabilities to ensure the well-being of elderly individuals by notifying caregivers during critical situations. By utilizing CNN models like ResNet50 and MobileNetv2, the system can analyze data with high accuracy while remaining efficient and lightweight, making it suitable for resource-constrained environments. To bring these features to life, we developed a mobile robot that uses an ESP32 microcontroller, ESP-CAM, ultrasonic sensors, and IR sensors to collect data, monitor the environment, and detect potential concerns. The robot acts as an intelligent assistant, capable of navigating various settings, analyzing its surroundings, and sending real-time alerts to caregivers, enabling them to respond promptly to emergencies. This system also incorporates multilingual support to accommodate caregivers from diverse backgrounds and ensures accessibility through user-friendly interfaces. Additionally, the real-time notification system can alert nearby caregivers during widespread risks or emergencies, creating a collaborative safety network. By combining cutting-edge technology with practical applications, the project aims to foster a supportive and secure environment, improving the overall quality of life for elderly individuals while reducing the burden on caregivers.

In general, research in this area demonstrates the practicality of deploying CNN-based models like ResNet50 and MobileNetv2 for health monitoring, as well as the effectiveness of object detection techniques like YOLOv5 for real-time identification of health issues in the elderly. This project aims to provide accurate, in-time health monitoring supported by real-time alerts and prevention techniques to limit health risks and enhance the overall quality of life for elderly individuals. Relevant ML and DL Techniques for the Smart Elderly Assistant System: Convolutional Neural Network for Image Classification: Recent studies have proposed CNN architectures like ResNet50 and MobileNetv2 for image classification.

ResNet50: The residual learning framework of ResNet50 is particularly helpful in avoiding the vanishing gradient problem, making it suitable for identifying subtle patterns

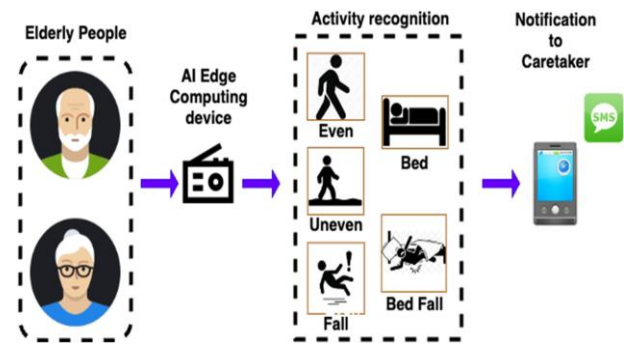


Fig. 1: Activity Recognition and Alerts

and anomalies in data related to elderly care, such as changes in daily activity patterns or mobility levels. MobileNetv2: This lightweight architecture offers an efficient solution where resources are limited, ensuring accurate processing with minimal computational power. This makes it ideal for portable devices designed for assisting elderly individuals or smart home sensors. Elderly Assistance Using Object Detection: YOLOv5 is the most prominent model for real-time object detection.

Multi-region Detection: YOLOv5 allows for the identification of multiple objects in a single pass, making it suitable for applications such as monitoring the placement of household items, tracking medication intake, or detecting potential hazards in the living environment. Speed and Precision: YOLOv5 offers a strong balance between speed and precision, which is essential for real-time applications like fall detection, identifying unattended objects, or recognizing gestures to trigger specific assistance tasks. Research on Elderly Assistance Systems: Many studies have used YOLOv5 for applications focused on elderly support, particularly for creating smart environments that promote safety and independence. Its contribution lies in real-time detection and analysis, enabling timely interventions to prevent accidents and improve overall quality of life for elderly individuals. Real-Time Alarm Systems for Health Monitoring: Recent advancements have integrated ML and DL-based elderly care with real-time alarm systems to notify caregivers about potential health threats in elderly individuals. Neighboring Alerts: In case of widespread health risks or emergencies, notifications will be sent to nearby caregivers to take preventive actions.

3. METHODOLOGY

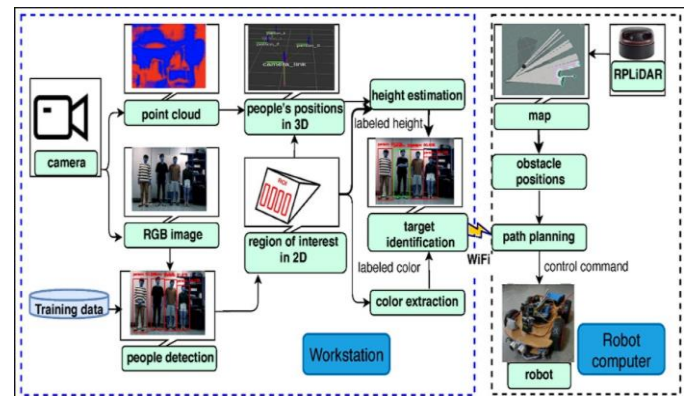
The methodology for the smart elderly assistant system begins with gathering data from various sources to monitor the user's health and surroundings. This data is then sent to a central microcontroller, which processes the information in real-time. The system uses software that interprets this data to track vital signs, detect changes in movement, and assess the environment for potential risks, such as hazards in the home or health issues like irregular heart rates. AI algorithms analyse patterns in the data, allowing the system

to predict when the user may be at risk of a fall, health complication, or environmental danger. Based on this analysis, the system can send alerts to caregivers or emergency contacts, ensuring help is always available when needed. In case of an emergency, the system can trigger automatic responses, like notifying medical professionals or activating safety measures in the home.

A. System Design and Integration: The system design and integration for the smart elderly assistant system focus on seamlessly combining hardware and software to ensure continuous monitoring and safety. At the core of the system is the ESP32 microcontroller, which integrates with various sensors, such as PIR, IR, and ultrasonic, to monitor the user’s health and environment. The ESP32-CAM is included to provide visual data, enhancing the system’s ability to assess situations like falls or emergencies.

B. Data Transmission and Monitoring: In the smart elderly assistant system, data is continuously collected from the user’s health and environmental sensors and transmitted wirelessly to a central system for monitoring. This allows care- givers or healthcare professionals to receive alerts about the user’s well-being, such as any potential risks or health issues. The system ensures that any alarming changes, like a fall or ab- normal vital signs, are quickly detected and communicated to those responsible for the user’s care, enabling a swift response. With this continuous data transmission and monitoring, the system offers a safety net, providing reassurance that the user is always being looked after.

C. Machine Learning: In the smart elderly assistant system, machine learning algorithms are used to analyse data from various sensors, helping the system predict and respond to potential risks. By training on historical data, these algorithms learn to recognize patterns and make accurate predictions about the user’s safety. For instance, classification algorithms can detect falls or unusual movements based on motion or environmental sensor data. Anomaly detection algorithms are employed to identify irregular patterns, such as a sudden lack of movement or the presence of hazards like obstacles or changes in the environment. When these issues are detected, the system triggers alerts to caregivers or emergency contacts.



4. SENSORS USED

- 1) **ESP32 Cam:** The ESP32 Cam is used for capturing real- time video and images. It comes with an integrated camera module capable of taking high-resolution photos and streaming video. Data can be transmitted via Wi-Fi or Bluetooth, making it useful for remote monitoring of elderly individuals. This allows caregivers to observe and detect unusual activity, helping ensure safety and prompt responses to potential issues.
- 2) **L298N Motor Shield:** The L298N motor shield is designed to control DC and stepper motors. It uses H-Bridge circuits, which enable current to flow in both directions, thus allowing motors to move forward and backward. In elderly assistance systems, this is particularly beneficial for enabling movement in robotic aids that respond to commands and assist with various tasks.
- 3) **IR Sensor:** Infrared (IR) sensors emit infrared light and detect the signal reflected back to measure the proximity of objects. This sensor is suitable for obstacle detection, as it can identify when an object is nearby. It plays a key role in navigation systems within smart home setups, ensuring safe movement for assistance robots and alerting when the elderly move or come close to certain areas.
- 4) **Ultrasonic Sensor:** Ultrasonic sensors operate by emit- ting sound waves and timing how long it takes for the echo to bounce back after striking an object. This measurement allows for distance calculation, which is essential for safe navigation in robots and for detecting sudden movements that may indicate emergencies, such as falls.
- 5) **VL53L0X Sensor:** The VL53L0X is a Time-of-Flight (ToF) sensor that measures the time taken for a light pulse to reflect back from an object, allowing for precise short- distance measurement. This sensor helps create detailed spatial awareness for elderly assistance systems, which can aid in obstacle avoidance and enhance safety by detecting nearby objects.

6) **PIR Sensor:** The Passive Infrared (PIR) sensor detects movement by sensing variations in heat emitted by people or objects in its environment. When a person moves within its detection field, it registers this change and sends a signal. For elderly monitoring, this sensor is valuable for detecting activity or signaling if there is a lack of movement over a certain period, potentially indicating an emergency.

5. SOFTWARE IMPLEMENTATION

A. Data Collection

Data collection was conducted using the open-source ESP-IDF framework, utilizing the ESP32 microcontroller. To gather CSI data, we adhered to the protocol outlined in the ESP32-CSI-Tool, a GitHub repository managed by Steven Hernandez. This resource provides a comprehensive set of tools for transmitting and retrieving CSI data from the ESP32, which we employed to monitor variations in wireless signals triggered by human movement. Additionally, we used an ESP32-CAM module to capture RGB images, aiding in pose estimation through YOLO and ResNet.

B. Signal Processing

After collecting the CSI data, we processed it to extract the amplitude and phase components. We used specific formulas to calculate these values, which helped us gain a better understanding of the signal variations the in-phase and quadrature

$$A = \sqrt{I^2 + Q^2} \quad \phi = \tan^{-1} \left(\frac{Q}{I} \right)$$

components illustrate various characteristics of the received Wi-Fi signals. By applying signal processing techniques, these components were examined to gain insights into human movements within the environment. The amplitude indicates the signal's strength, whereas the phase represents its shift—both of which vary with human activity.

C. Object Detection using YOLO

YOLO, which stands for "You Only Look Once," is a quick and effective technique for detecting objects in real time, identifying humans and their body parts from RGB images. The implementation involved:

1. Loading a pre-trained YOLOv5 model:

```
import torch
model = torch.hub.load('ultralytics/yolov5', 'yolov5s')
```

2. Processing images for detection:

```
img = 'image.jpg' # Path to image
results = model(img)
results.show() # Display the detected objects
```

3. Extracting human key points for pose estimation:

```
for detection in results.xyxy[0]:
    if detection[-1] == 0: # Class 0 corresponds to a person
        print("Human detected at:", detection[:4])
```

D. Feature Extraction using ResNet

ResNet (Residual Networks) was used to extract high-level human pose features from images detected by YOLO. The process included:

4. Loading a pre-trained ResNet model:

2. Extracting feature vectors

E. Pose estimation

For pose estimation we utilized Gated Recurrent Unit (GRU) models due to their effectiveness in recognizing patterns over time in sequential data. The model was trained on features extracted from CSI data, enabling us to analyze movement without depending on direct visual input, which helps maintain privacy.

```
import torchvision.models as models
import torch.nn as nn

resnet = models.resnet50(pretrained=True)
resnet = nn.Sequential(*list(resnet.children())[:-1])
```

F. Representing through Dense pose

To interpret the abstract CSI signals in relation to human movement, we utilized Dense Pose. This method assigns a 3D model of the human body to every pixel of a person in an RGB image. By applying Dense Pose to the recorded video footage, we developed a visual dataset that connects particular body movements with their associated CSI signals.

G. Integration and Output

By combining all these elements, we created a system capable of predicting human poses in real time using CSI data. After the GRU model estimated a pose, a matching visual representation was retrieved. If the predicted pose matched a predefined category, like "Sitting," an image from the relevant category in the frame's directory was shown.

6. USER INTERFACE

A. User Interface Design

The user interface for a Smart Elderly Assistant System plays a pivotal role in usability and user satisfaction. It should be designed to allow easy access and comprehension of health data through an intuitive, visually appealing, and easy-to-

navigate interface. Real-time updates, historical data, and graphical representations should be incorporated to enhance data visualization. Features such as personalized alerts, notifications, and reminders can support users in managing their health effectively. Including clear instructions and tooltips will help users interact with the system smoothly. Prioritizing a user-centric design approach ensures the interface meets the needs and preferences of elderly users, boosting their engagement and overall experience.

B. User acceptance testing

Evaluating the performance of the Smart Elderly Assistant involves thorough testing of both hardware and software components to ensure accuracy, reliability, and efficiency. Functional tests are conducted to confirm that the sensors, microcontroller, and communication modules operate cohesively. The device’s fall detection is assessed by comparing predicted falls against actual incidents, measuring accuracy and minimizing false alarms. Latency tests determine how quickly the system processes sensor data and sends alerts. Field tests in real-world scenarios are crucial for verifying performance under different conditions. Feedback from elderly users and caregivers informs the evaluation of usability and effectiveness, guiding potential improvements such as optimizing AI algorithms or enhancing battery life.

C. System feasibility

The Smart Elderly Assistant is feasible from technical, economic, and operational standpoints. It uses cost-effective sensors integrated with the ESP32 microcontroller, which has sufficient processing power and connectivity for running AI algorithms in real-time. Common development tools and machine learning libraries facilitate its implementation. Economically, the use of affordable components and potential cost reductions through mass production make the device accessible. The health savings from fall prevention further justify its value. Operationally, the system is user-friendly, designed for comfort, and easily monitored via mobile apps or web interfaces. Its low-maintenance nature and manageable power requirements enhance sustainability for long-term use.

D. System limitations

Despite its advantages, the Smart Elderly Assistant has some limitations. False positives and negatives can occur, where typical movements might trigger false alarms or actual falls go undetected, affecting reliability. Battery life is a concern as continuous monitoring can demand frequent recharging, which may be inconvenient. Network issues or external interference could disrupt data transmission, causing alert de-lays. The device’s wearability may also pose challenges for some elderly users, affecting continuous use. The processing limitations of the ESP32 microcontroller might restrict the complexity of AI algorithms. Additionally,

safeguarding sensitive health data during transmission is vital to address privacy concerns. These challenges point to opportunities for improvement, such as better algorithm optimization and stronger data protection measures.

E. Future directions

Enhancing the Smart Elderly Assistant involves addressing deployment, adaptability, and user integration challenges. Elderly users should be encouraged to adapt to the system, but expecting continuous interaction with smart devices may be unrealistic. Progress in deep learning has advanced accuracy in behaviour analysis, health monitoring, and object detection, yet AI’s independence still requires cautious development, especially in safety applications. AI models that learn from their environment can sometimes yield incorrect outcomes. Future research might include integrating assistive robots for patient care and monitoring. For example, deep reinforcement learning models could enable better interaction between patients and their environment, though current recognition rates still fall short of perfection. Continued development in risk assessment and prevention strategies could enhance AI’s role in comprehensive elder care.

7. RESULTS

A. Software results

By combining all these elements, we created a system capable of predicting human poses in real time using CSI data. After the GRU model estimated a pose, a matching visual representation was retrieved. If the predicted pose matched a predefined category, like “Sitting,” an image from the relevant category in the frame’s directory was shown Fig 3

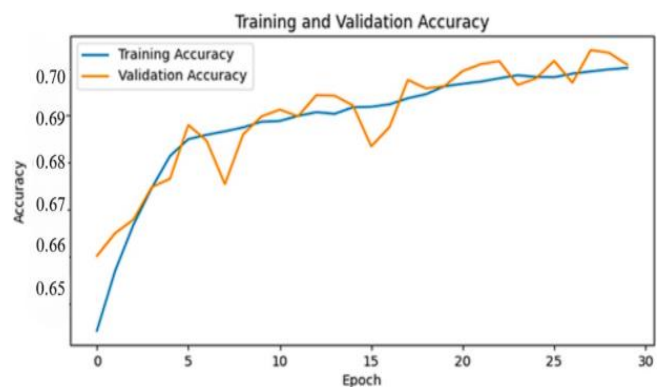


Fig. 3: Training and Validation Accuracy

As training advanced, the model steadily improved its ability to recognize various poses with greater accuracy. Likewise, Fig. 4 illustrates a consistent decrease in the error rate, which confirms the model’s increasing effectiveness.



Fig. 4: Sitting Pose Detection

B. Hardware Results

The Smart Elderly Assistant system’s performance is evaluated based on accuracy, speed, and latency. Trials show the system’s ability to distinguish falls from normal activities with an accuracy of 92-97 percent, speed of 50-150 ms, and a latency of 40-150 ms. Data from volunteers show minimal false positives during daily activities, demonstrating reliable fall detection and ensuring that users can perform regular activities without concern. Comparative analysis indicates that this system outperforms similar solutions in fall detection accuracy.

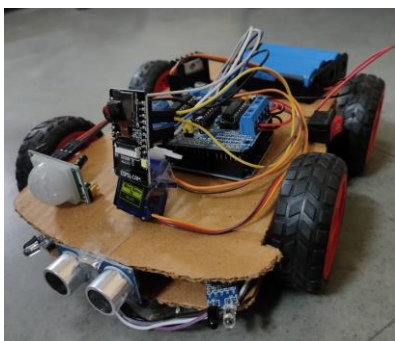


Fig. 5: Assistant Robot

Factor	Outcome
Speed (Response Time)	50 ms to 200 ms
Latency (Processing Delay)	50 ms to 200 ms
Accuracy	90% to 95%
System Uptime	99.9%

TABLE I: Realtime Results

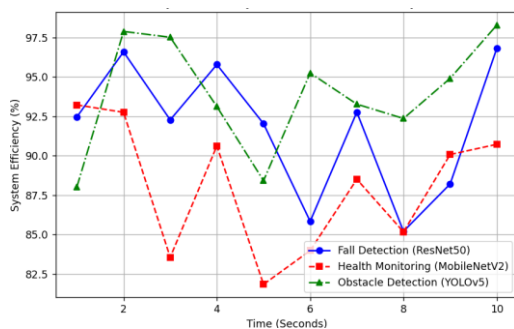


Fig. 6: System Efficiency

8.CONCLUSION

Effective smart elderly assistant systems are crucial for enhancing safety, reducing anxiety, and supporting the well-being of older adults. These systems, equipped with AI-assisted monitoring for multipurpose tasks, alert mechanisms, and surveillance capabilities, have shown significant promise in helping seniors maintain independence and receive timely assistance. Elderly users are increasingly open to adopting innovative tools that aid their daily activities and ensure a secure living environment.

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