Abstract

The significance of developing an Assisted Living System (AALT) is increasing with the development in technology and an upward drift in independent living. The need is to develop a robust and accurate system which monitors the health of people, concentrating on elderly people. In this research work, the idea of wearing a Bluetooth integrated heart rate monitor wrist band to record and analyse the daily activities of the personnel has been proposed. The main concern is to provide them an environment which does not restrict their daily activities, understanding the human psychology. The hypothesis that wearable band can be used to examine the target heart rate and average maximum heart rate for detecting the health issue is being evaluated. However, the implementation of the same system in practical needs future research.

References


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**Index Terms**

Computer Science  
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**Keywords**

Target heart rate, resting heart rate, AALT