

Real-time Data Collection through Wearable Devices to Quantify Attributes Related to Health and Monitor Human Activity

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Abstract: *Wearable devices are widely used to monitor physiological activity, meeting the rising demand for quality elderly healthcare. This study utilizes wearable technology to gather real-time data on heart rate, oxygen saturation, and hydration levels for insights into the health and daily functioning of the elderly. The discussion covers the information wearable technology can capture, its applications in tracking health issues and promoting healthy aging, and the challenges of gathering, analyzing, and protecting privacy-related data. The abstract suggests future research directions for enhancing wearable technologies in senior healthcare and youth.*

Keywords: elderly people, observe human activity

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