IoT Based Smart Caretaker

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Abstract: *The Smart Caretaker System for Elderly is an advanced IoT-based solution aimed at supporting the daily needs and safety of elderly individuals through real-time health and activity monitoring. The system uses a range of sensors and a microcontroller to monitor vital signs such as heart rate and detect physical movement or inactivity, which may indicate health concerns or emergencies. It features an LCD display that provides regular visual reminders for essential routines like taking medication, consuming meals, and maintaining proper sleep schedules—helping users stay on track with their health management. In case of abnormal readings or emergency situations, the system is programmed to issue alerts to caregivers or family members, enabling quick response and assistance. This automated and intelligent system not only promotes independent living for the elderly but also provides peace of mind to caregivers by offering continuous oversight, making it an ideal companion for modern elderly care*

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