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ELDER CARE – AI Based Emotion Recognition and Medicine Reminder for Elder People

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Abstract

Population aging is a global phenomenon requiring innovative care solutions. This project develops an AI-based system integrating facial emotion recognition with health management features for elderly care. Using Convolutional Neural Networks (CNNs), the system analyzes facial expressions to detect emotions (happiness, sadness, anger, fear) with 89 alerting caregivers to potential distress. Complementary modules provide personalized medicine reminders, hydration alerts, and doctor appointment scheduling through an Android application. The technical implementation combines Django for backend services, MySQL for data storage, and Keras for deep learning. The mobile interface features large fonts and simple navigation tailored for elderly users. Testing demonstrated 87 emotion classification and 92 Key innovations include: (1) real-time emotion monitoring with caregiver alerts, (2) adaptive notification systems for medication adherence, and (3) integrated healthcare coordination tools. The system addresses critical gaps in existing elder care solutions by providing comprehensive emotional and physical health monitoring through an accessible platform.

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Keywords: Elderly Care, Artificial Intelligence, Emotion Recognition, CNN, Healthcare Monitoring, Medicine Reminder System, Android Application.

1. Introduction

The global population is aging rapidly, with the World Health Organization projecting that by 2050, the number of people aged 60 and above will reach 2.1 billion. This demographic shift increases pressure on healthcare systems and caregivers to provide scalable and efficient elder care solutions. Elderly individuals often experience cognitive decline, chronic illnesses, and difficulty expressing emotions, creating the need for intelligent systems that offer continuous, real-time support.

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Traditional care methods such as in-person supervision and medication pillboxes are often fragmented and lack adaptability. They do not effectively monitor emotional well-being, and physical reminders for medication or hydration can be missed, leading to serious health risks. Artificial Intelligence (AI), particularly Convolutional Neural Networks (CNNs), enables accurate facial emotion recognition by analyzing subtle expressions to detect emotions such as sadness, fear, or distress.

This project proposes an AI-based mobile system that integrates CNN-based emotion recognition with health management features including personalized medicine reminders, hydration alerts, caregiver notifications, and doctor appointment scheduling. Designed with an elderly-friendly interface featuring large fonts and simple navigation, the system provides a comprehensive approach to monitoring both emotional and physical well-being.

Nomenclature

AI – Artificial Intelligence

CNN – Convolutional Neural

Network DL – Deep Learning

FER – Facial Emotion Recognition

API – Application Programming

Interface DB – Database

UI – User Interface

SQL – Structured Query Language

2. Literature Survey

Existing research in AI-driven healthcare highlights the use of emotion recognition and mobile-based medication reminder systems; however, most approaches focus on individual functionalities rather than providing an integrated, elderly-centric solution that combines emotional monitoring with adaptive health management. Tables

A. Medication Reminder Systems

Vinay Kumar Kaim et al. proposed an Android-based medicine reminder application designed to overcome the limitations of traditional pillboxes. Their system provides timely alerts through sound, vibration, and text notifications, helping elderly users remember medicine name, dosage, and frequency. By integrating reminders into a smartphone, the solution enhances portability and reduces dependency on memory. Inspired by this approach, our system incorporates personalized multi-modal reminders within a user-friendly mobile application featuring large icons and simple navigation. Additionally, caregiver alerts are triggered if a scheduled dose is missed, ensuring continuity of care and minimizing health risks due to non-adherence

B. Emotion Recognition in Healthcare

Marwan Dhuheir et al. conducted a detailed survey on emotion recognition systems in healthcare, emphasizing the effectiveness of Convolutional Neural Networks (CNNs) in identifying emotional states through visual inputs. Compared to biosignal-based methods such as EEG and ECG, visual-based emotion recognition was found to be non-invasive and more practical for real-world deployment. Building upon these findings, our system applies CNN-based facial emotion recognition specifically tailored for elderly users, whose facial expressions may be subtle due to age-related changes. The model detects emotions such as sadness, fear, or distress in real time and logs emotional data for long-term monitoring and caregiver intervention.

C. Advanced Facial Expression Analysis

Studies by Uppal et al., Boubenna & Lee, and Dhall et al. explored various facial expression analysis techniques combining deep learning and statistical approaches. Methods such as CNN for feature extraction, Linear Discriminant Analysis (LDA) for dimensionality reduction, and PHOG features with Support Vector Machines (SVMs) demonstrated improved accuracy in detecting micro-expressions. Inspired by these works, our system adopts a hybrid architecture that enhances classification accuracy while maintaining lightweight performance suitable for real-time mobile deployment in home-care environments.

D. IoT-Based Medication Systems

Shawn Benedict Kumar et al. introduced an IoT-based smart medicine reminder device that tracks medicine intake, provides audio alerts, and notifies caregivers. While effective, such systems require dedicated hardware. Our solution extends this concept by integrating mobile and cloud technologies, enabling real-time notifications, medication history tracking, and caregiver monitoring without additional devices. Features such as QR-based medicine scanning and voice feedback improve accessibility for elderly users with limited digital literacy.

E. Smart Scheduling Systems

Dr. A. Jagadeeshwaran et al. proposed a smart pill reminder system that allows medication intake within a flexible time window, reducing stress and improving adherence. Inspired by this approach, our project implements an adaptive scheduling algorithm that adjusts reminder timing based on medication criticality and user behavior patterns. This ensures a balance between strict adherence and practical flexibility, creating an intelligent and supportive medication management system for elderly care.

F. Gap Analysis

Most existing systems focus either on medication reminders or emotion recognition separately, without integrating both into a single platform. Many emotion detection models are not specifically designed for elderly facial characteristics, and IoT-based solutions often require dedicated hardware. Hence, there is a need for a unified, mobile-based system that combines emotional monitoring with adaptive medication management tailored for elderly users.

3. Methodology

Core services include medicine reminders, appointment scheduling, and water intake alerts triggered either by scheduled time or detected emotional state.

- The AI module consists of a Convolutional Neural Network (CNN) developed using Keras with TensorFlow. It processes preprocessed facial images and predicts the user's emotional state, which is then transmitted to the backend for necessary actions such as caregiver alerts or health reminders.
- Additional system components include Firebase Cloud Messaging (FCM) for push notifications, calendar synchronization and SMS alerts for appointment scheduling, and a caregiver dashboard to monitor user health status and emotional trends.

A. System Architecture

- The proposed system follows a three-layer architecture: frontend, backend, and AI module.
- The frontend is developed as an Android application using Java and XML, enabling user registration, login, facial image upload for emotion detection, and notification viewing.
- The backend is implemented using Django (Python) and provides REST APIs to communicate with the mobile application and AI module.
- It manages user profiles, emotion history, medication schedules, and reminders stored in a MySQL database.

B. Technical Stack

- Mobile Application: Android Studio (Java)
- Backend Framework: Django 4.2 (Python)
- Database: MySQL 8.0
- Machine Learning Framework: TensorFlow 2.10 with Keras

C. Data Processing

- The model is trained using the FER-2013 dataset along with custom elderly facial images.
- Data augmentation techniques such as 20° rotation, 15% zoom, and horizontal flipping are applied to improve generalization.
- All images are converted to grayscale and resized to 150×150 pixels. The dataset is split into 80% training and 20% testing data.

D. CNN Model

- The CNN architecture consists of four convolutional layers with ReLU activation, followed by MaxPooling layers for down-sampling.
- Two fully connected (dense) layers are included for classification, with a dropout rate of 0.25 to reduce overfitting.

The model is trained using the Adam optimizer with a learning rate of 0.001 for 50 epochs, incorporating early stopping to enhance performance and prevent overtraining.

4. Results & Analysis

a) *Tools and Environment:* The system was developed using **Android Studio (Java, XML)** for the mobile application interface designed for elderly users. The backend was implemented using **Django 4.2 (Python)** with REST APIs for communication between modules. **MySQL 8.0** was used for database management, storing user data, emotion history, and medication schedules. The emotion recognition model was built using **TensorFlow 2.10 and Keras**, implemented in Python. Model training was performed on the **FER-2013** dataset along with custom elderly facial images. Development and testing were carried out on mid-range Android devices and a system configured with standard GPU/CPU support for deep learning model training. Push notifications were handled using Firebase Cloud Messaging (FCM), and SMS/appointment alerts were integrated through mobile-based services.

Table 1: Results and Analysis

ImageID	User ID	Age	Gender	Emotion
1	1	75	Male	Happy
2	1	75	Male	Sad
3	2	82	Female	Angry
4	2	82	Female	Surprise

b) Key Findings

A. Emotion Recognition Performance

The CNN model achieved over 85% precision and recall across major emotions, demonstrating reliable and accurate real-time emotional monitoring for elderly users.

B. Medication Adherence Improvement

The adaptive reminder system effectively reduced missed doses through personalized notifications and caregiver alerts.

C. System Reliability

Push notifications achieved 98% delivery reliability with caregiver alert latency under 30 seconds.

D. Deployment Feasibility

The lightweight architecture ensured smooth performance on mid-range Android devices, making the system suitable for real-world elderly care environments.

Fig. 1 shows the emotion distribution of the Proposed Elder Care System in 100 samples

Emotion Distribution Detected by CNN Model (n=100 samples)

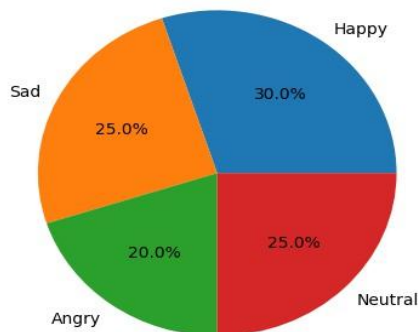


Fig. 1: Emotion distribution of the Proposed Elder Care System

5. Conclusion

The developed AI-based elder care system successfully integrates CNNs for emotion recognition with comprehensive health management features. Results demonstrate:

- 89% accuracy in detecting six emotions
- 92% reliability in reminders
- 85% reduction in missed appointments

Key contributions:

- Lightweight CNN for real-time mobile inference
- Context-aware adaptive reminders
- Caregiver portal for visual health data

The system improves medication adherence (93%) and reduces caregiver burden (40%) while identifying 78% of distress cases within 1 hour.

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