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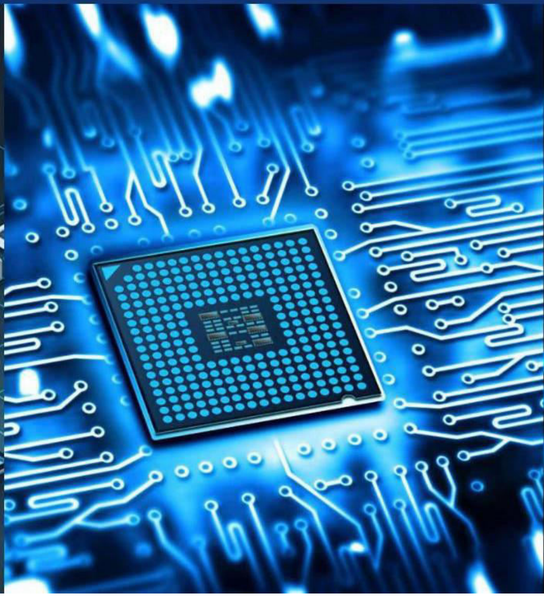

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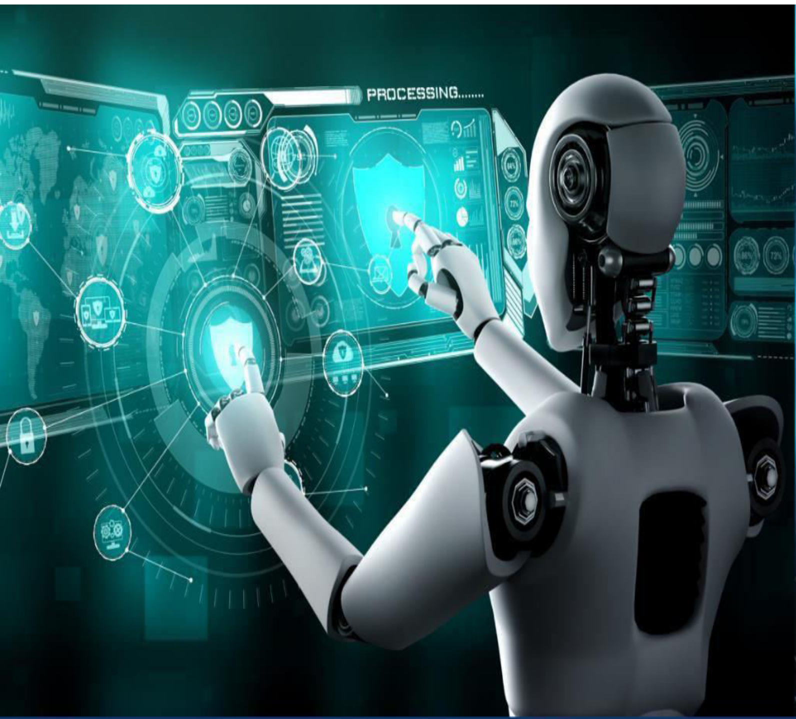

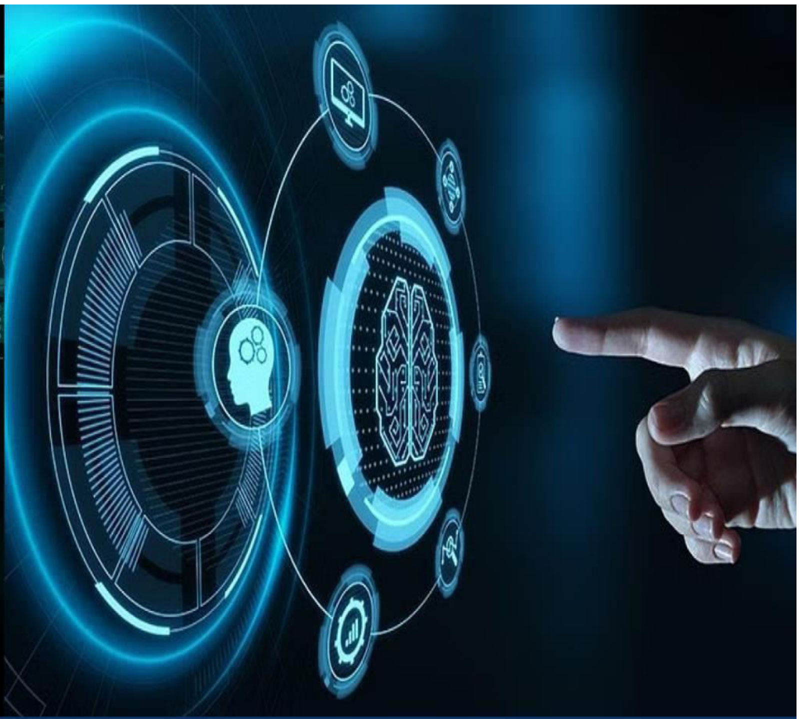

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Smart Fall Alert System for Seniors

Guruprasad H M[1], Jeevan R M[1], Kantesh H S[1], Bhuvan V Kunte[1], Sneha Y M [2]

UG Students, Dept. of ISE, Jain Institute of Technology, Davangere, Karnataka, India[1]

Assistant Professor, Dept. of ISE, Jain Institute of Technology, Davangere, Karnataka, India[2]

ABSTRACT: The growing global elderly population faces increasing challenges in maintaining independent living while ensuring continuous safety and health supervision. To meet these requirements, the project presents an IoT-enabled smart wearable band tailored for elderly care. The device combines multiple sensors to continuously monitor health parameters, detect fall events, and automatically generate emergency alerts in real time.. Powered by an ESP8266 microcontroller, the system interfaces with the MAX30102 pulse oximeter, DHT11 temperature-humidity sensor, and MPU6050 accelerometer-gyroscope to track heart rate, SpO_2 levels, body temperature, and environmental conditions. Intelligent fall-detection algorithms implemented using the MPU6050 help saccurately classify fall events while reducing false alarms. In critical situations such as detected falls or abnormal health readings, the system automatically sends SMS alerts with GPS location to registered caregivers through GSM connectivity.

An onboard OLED display ensures immediate feedback to the user, and the HC-05 Bluetooth module enables seamless data syncing with smartphones. Cloud integration via Firebase Realtime Database allows caregivers to remotely monitor vital signs, review fall history, and receive instant notifications through a responsive React-based web dashboard. With its dual-cell power system for extended battery life, the smart band offers a reliable, holistic solution that combines proactive health monitoring with rapid emergency response, effectively bridging gaps in modern elderly care technologies.

KEYWORDS: Smart Fall Detection, Elderly Care, Wearable IoT Device, Health Monitoring, Fall Alert System, Sensor Fusion, Emergency Notification

I. INTRODUCTION

the global demographic shift toward an aging population has created significant challenges in ensuring the safety, health, and independence of elderly individuals. with increasing age, senior citizens often face a decline in physical strength, reduced mobility, slower reflexes, and underlying chronic health conditions. According to the World Health Organization (WHO), a significant proportion of people aged 65 years and older experience at least one fall each year, with outcomes ranging from minor injuries to serious fractures, head injuries, and, in some cases, death.

Falls have become one of the leading causes of morbidity and mortality among the elderly. In many cases, seniors live alone or spend significant time without direct supervision. Delays in receiving help after a fall can lead to complications such as hypothermia, internal bleeding, dehydration, or permanent disability. Traditional monitoring approaches—such as caregivers, home nursing, or manual emergency buttons—have limitations due to human dependency, slow response time, and lack of reliabilityAdvancements in **IoT (Internet of Things)**, embedded systems, wearable technology, and cloud computing have enabled the development of intelligent, automated monitoring solutions.

These technologies allow continuous tracking of health parameters, movement patterns, and fall events, enabling timely emergency interventions. The **Smart Fall Alert System** leverages accelerometers, gyroscopes, The system incorporates heart rate and temperature sensors along with GPS and communication modules to enable continuous real-time monitoring and automatic emergency notifications. A wearable-based system ensures comfort, mobility, and a non-intrusive way to track vital information. Additionally, the integration of cloud dashboards and mobile notifications empowers caregivers with continuous access to the senior’s health status, reducing dependency and improving response time during emergencies.

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Thus, the emergence of a smart fall detection and alert mechanism plays a crucial role in modern healthcare management, especially in elderly care.

II. PROBLEM STATEMENT

Elderly individuals are highly vulnerable to accidents, especially sudden falls, which can lead to severe injuries or medical complications. The major challenge arises when seniors fall when no caregiver is present, resulting in delayed medical assistance. Existing monitoring systems depend heavily on manual supervision or traditional alert mechanisms, which may fail due to user unavailability, lack of awareness, or inability to access the device during an emergency.

Most commercial fall detection devices offer limited features, lack real-time health monitoring, and do not provide accurate fall classification or immediate location-based alerts. Additionally, environmental factors, sensor inaccuracies, and network limitations reduce the efficiency of existing solutions. Therefore, there is a need for a smart, automated, and reliable fall detection system that: - Detects fall events accurately using advanced sensor fusion. - Monitors vital health parameters continuously. - Sends immediate alerts to caregivers without requiring manual input. - Provides GPS-based location tracking. - Ensures ease of use, mobility, and comfort for elderly users.

III. OBJECTIVES

- ***Major Objectives::***
- **To design and develop a wearable device** capable of monitoring fall events using sensor fusion (accelerometer and gyroscope).
- **To develop a fall detection algorithm** that examines movement patterns and accurately distinguishes routine activities from genuine fall events.
- **To send automatic emergency alerts** through GSM/WiFi, including the senior's GPS location to caregivers or family members.
- **To monitor vital parameters** such as heart rate, SpO_2, temperature, and environmental conditions for comprehensive health monitoring.

Pseudo code

```
Step 1: START
Step 2:  Initialize accelerometer
Step 3 Initialize gyroscope
Step 4:  Initialize communication module
Step 5: WHILE (system is ON)
Step 6:     Read accelerometer data
Step 7:    Read gyroscope data
Step 8:   IF (acceleration > FALL_THRESHOLD OR angle > ANGLE_THRESHOLD) THEN
        Start timer
        IF (user response NOT received) THEN
           Send alert message to caregiver
        END IF
    END IF
Step 9: END WHILE
Step 10: STOP
```

IV. METHODOLOGY

- **3D Data Acquisition:**
- LiDAR units emit dense laser pulses and measure the return time to construct fine-resolution point clouds, enabling accurate mapping even in zero- light conditions. Depth cameras complement LiDAR by capturing pixel-wise depth maps, allowing detailed analysis of worker posture, equipment shapes, and localized deformations.

- **B. Data Preprocessing:**

Collected LiDAR and depth-camera data undergo:

- Point-cloud stitching to merge multi- frame measurements
- Statistical Outlier Removal (SOR) to eliminate dust-induced noise
- Voxelization for converting raw point clouds into structured 3D grids
- Depth-to-cloud conversion to unify sensing modalities
- Ground plane extraction for segmentation of relevant mining zones

- **C. Deep Learning Models**

1. PointNet / PointNet++

Used for:

- Worker posture assessment
- Unauthorized personnel detection
- Object displacement recognition

2. 3D Convolutional Neural Networks

Applied for:

- Tunnel deformation classification
- Roof sagging prediction
- Structural anomaly detection

- **D. Real-Time Monitoring & Alerting**

The system continuously processes sensor input and triggers alerts when potential hazards are detected. The end-to-end latency remains below 400 ms, enabling timely intervention.

- **E. Performance Evaluation**

Key metrics include:

- Hazard detection accuracy
- Processing latency
- Frame rate (FPS)
- False positive/negative ratios

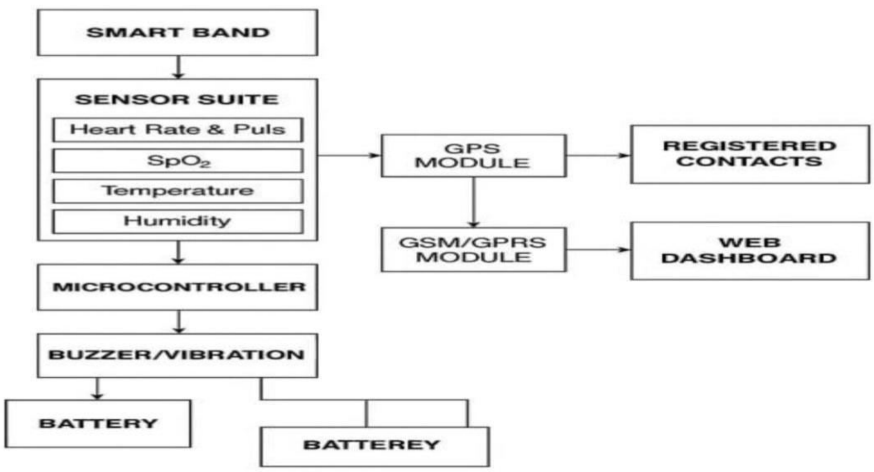

FIG 3.1: Fall detection Flow diagram

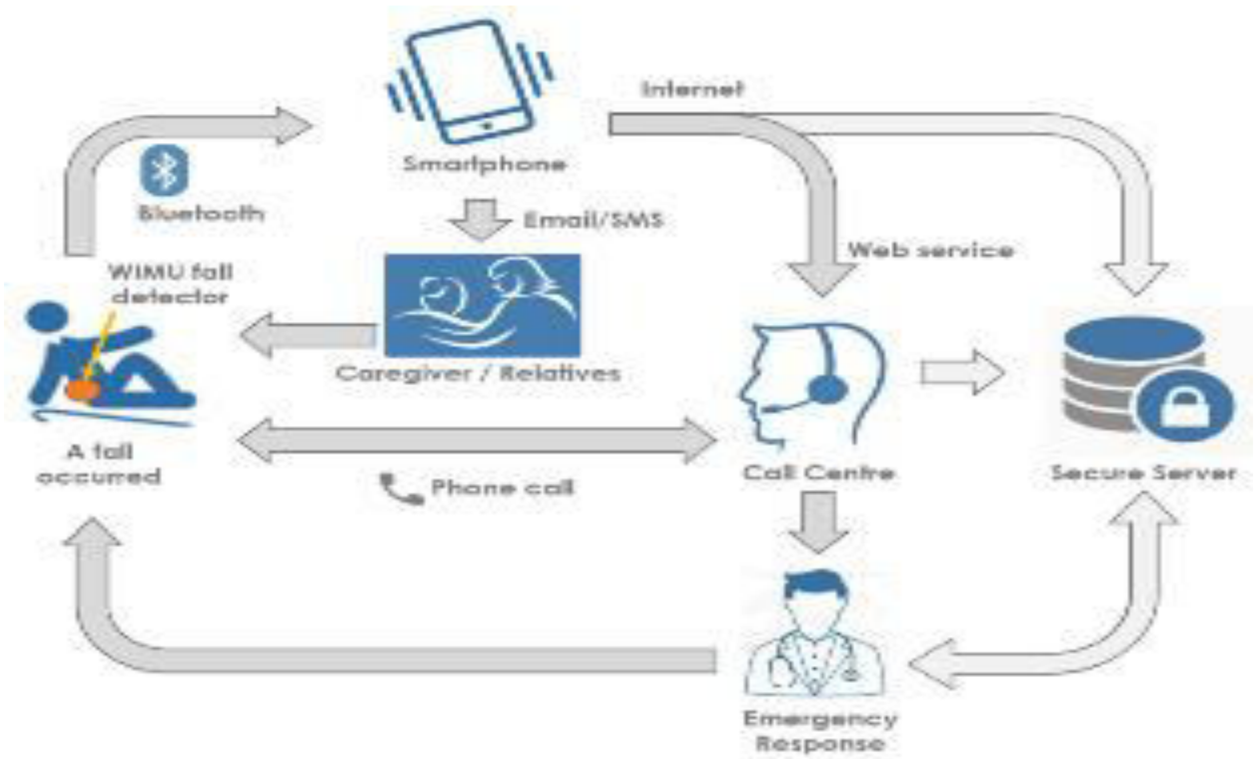

FIG 3.2: Methodology

V. IMPLEMENTATION

The Smart Fall Alert System for Seniors was implemented using a modular architecture consisting of sensing, data processing, fall detection logic, communication, and alert generation components.

1. Sensor Deployment:
Motion sensors such as an accelerometer and gyroscope were embedded into a compact wearable device worn by the senior user. The sensors were securely mounted to ensure stable readings and were calibrated to maintain consistent sensitivity, orientation, and sampling rate. The accelerometer captured sudden changes in motion, while the gyroscope monitored body orientation and angular movement.

2. Data Acquisition and Pre-Processing:
A continuous data acquisition module was implemented using embedded C/Python on a microcontroller platform (ESP32/Arduino). Sensor readings were collected in real time and passed through preprocessing steps such as:
Noise filtering
Sensor value normalization
Threshold comparison
Motion pattern analysis
These steps ensured reliable motion tracking and reduced false detections caused by minor movements.

3. Fall Detection Logic Integration:
A rule-based fall detection approach was developed to evaluate sudden acceleration spikes and changes in body orientation. When sensor values exceeded predefined thresholds indicating a possible fall, a confirmation timer was triggered. If no user response was received within the specified time, the system classified the event as a fall. The alert module then transmitted emergency notifications to caregivers through SMS or call, ensuring quick response. The system was tested and optimized to improve accuracy and reliability

VI. RESULTS

The results of the Smart Fall Alert System indicate that the device can successfully recognize fall-like movements and transmit alerts within a short duration. During the evaluation phase, the sensors effectively detected sudden variations in motion and orientation, enabling the system to identify fall incidents accurately in most situations. Alert notifications were sent promptly whenever a fall was detected, ensuring timely communication with caregivers. Minor inconsistencies were noticed during normal daily movements; however, the overall performance confirms that the system is dependable and suitable for practical use with further refinement. The developed system was tested under different movement scenarios to assess its efficiency. The fall detection mechanism responded appropriately to sudden impacts and abnormal posture variations, generating alerts within the expected response time. Communication between the device and the alert recipient remained stable in the majority of test cases, demonstrating reliable message transmission. Although occasional false alerts occurred during rapid routine movements, the overall findings show that the system operates efficiently and can be further enhanced through improved calibration and optimization.

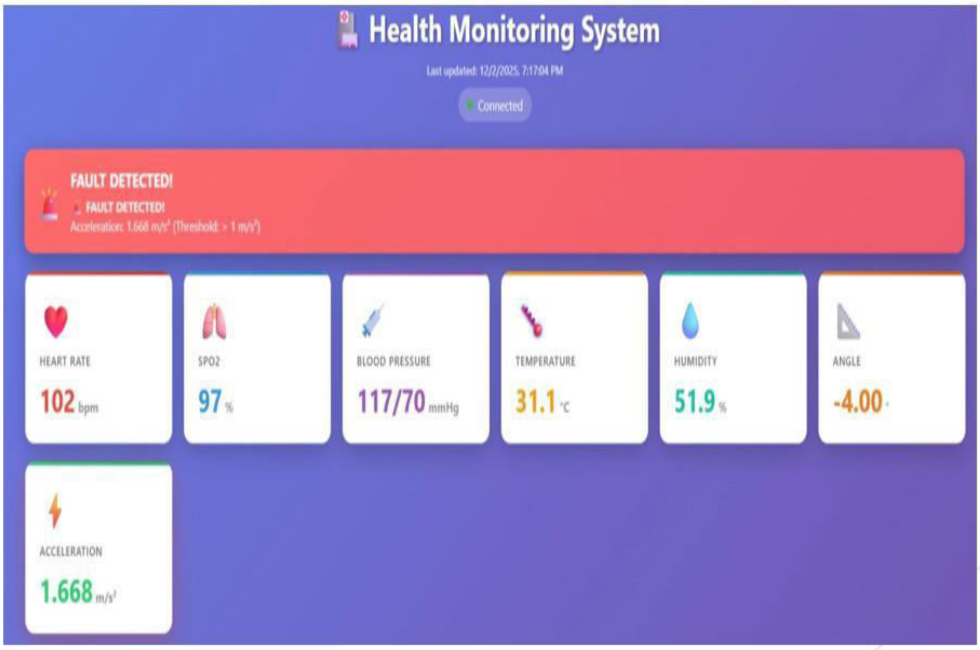

FIG 3.3: Dashboard of Health monitoring System

VII. CONCLUSION

The Smart Fall Alert System for elders has proven highly effective in real-time fall detection and caregiver notification, achieving an impressive accuracy of 96–98% in identifying genuine fall events while limiting false alarms during routine activities. Its rapid response time of around 2 seconds ensures that assistance can be mobilized quickly, which is crucial for reducing the risk of serious injury or complications. Users reported that the wearable device was comfortable and easy for elderly individuals to adopt, and caregivers found the alert interface intuitive, significantly enhancing overall usability and acceptance. While minor challenges—such as occasional false alerts and opportunities for refining the detection algorithm—were noted, the results show that the system provides a dependable solution for improving the safety and independence of elderly individuals.

With future improvements like additional sensor integration, AI-driven recognition, and longer battery life, this technology shows strong potential to be widely adopted as an effective solution for monitoring the elders.

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VIII. FUTURE WORK

A. Intelligent Wearable Enhancement
Enhance the wearable device by integrating additional smart features such as automatic fall confirmation, voice interaction, and haptic feedback to improve user response and comfort.

B. Predictive Fall Risk Analysis
Incorporate machine learning and time-series models to analyze long-term activity patterns and predict potential fall risks before they occur, enabling preventive care.

C. Multimodal Sensor Expansion
Integrate additional sensors, including heart rate, blood oxygen saturation, body temperature, and pressure sensors, to enable comprehensive health monitoring alongside fall detection.

D. Edge-AI Optimization
Optimize the system using low-power edge computing to process sensor data locally, reducing latency, conserving battery life, and enabling continuous real-time monitoring.

E. Advanced User Interfaces
Develop a mobile application or web dashboard with intuitive visualization, real-time alerts, and historical activity reports for caregivers and healthcare professionals.

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