Overview

Ageing population in Hong Kong poses huge medical demands and burden to the society, especially for elderly healthcare. Timeslots for meeting therapists are very limited. Elderlies may only exercise in their home, which is inefficient without professional guidance by therapists.

To alleviate such high medical demand, we utilize Kinect motion sensing and web technologies, to provide a platform that combines healthcare exercise and medication reminder tailored for elderly users.

Therapists may upload and distribute suitable exercises for their patients. The movement of the patient will be recorded with Kinect. Instant constructive feedbacks will be provided to correct users’ postures.

Medication notification will alert users to take their medication, which may improve their medication nonadherence. Number of exercise completed and medication history for therapists’ references.

Objectives

✓ User-friendly user interface tailored for elderly users
✓ Encourage elderly patients to exercise regularly
✓ Provide exercise guidance even in home conditions
✓ Notify patients’ medications and schedule

Methodology

Client-side

Server-side

Result

Elderly Patient-side

Therapist-side

Conclusion

Elderly Healthcare Platform is an elderly-focused, easy to use, home-based desktop application aims to motivate elderly to do exercises and notify their medication schedules to improve medication adherence. It demonstrates the possibility of using Kinect motion sensing technology for exercising.