

# **Can I Monitor Myself Without Any Sensor On My Body?**

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## **Abstract**

Human motion can be used to provide remote healthcare solutions for vulnerable people by identifying particular movements such as falls, gait and breathing disorders. This can allow people to live more independent lifestyles and still have the safety of being monitored if more direct care is needed. At present wearable devices can provide real time monitoring by deploying equipment on a person's body. However, putting devices on a person's body all the time make it uncomfortable and the elderly tends to forget it to wear as well in addition to the insecurity of being tracked all the time. The talk will provide overview of on going research on contactless Sensing for remote monitoring in University of Glasgow. In addition, a brief overview of on going activities on future healthcare Paradigm at nano scale will be presented as well.