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# AI-Powered Dementia Care Companion: An Intelligent Assistive System for Memory Aid, Safety, and Thought-to-Text Support

*Srujana K., Tejas S Hiremath and Dr. Annie Sujith*
Jyothy Institute of Technology, Affiliated to Visvesvaraya Technological University, Bengaluru, India

## Abstract

Dementia affects millions worldwide, making daily life increasingly challenging and placing a significant burden on caregivers. Technology is stepping in to bridge this gap, offering solutions that enhance safety, communication, and independence. Memory aids help individuals keep track of daily activities, while geofencing ensures safety by alerting caregivers if they wander beyond designated areas. Voice command integration and chatbot support enable easier communication, reducing isolation and frustration, while image recognition helps identify familiar faces and objects, keeping individuals oriented. Beyond assistance with daily tasks, fall detection systems and emergency alerts provide an added layer of security, ensuring timely help when needed. By fostering a supportive ecosystem, these innovations empower individuals with dementia to retain a sense of autonomy while easing the strain on caregivers. However, challenges such as accessibility, ease of use, and ethical concerns around data privacy and AI-driven caregiving must be carefully addressed. As technology evolves, the focus remains on enhancing quality of life while preserving dignity and independence.

**Keywords**: Dementia Care, Cognitive computing, Natural Language Processing, Geofencing, Machine Learning, Sentiment Analysis, Computer Vision.

## I. Introduction

Dementia is a debilitating neurodegenerative condition that progressively deteriorates memory, cognitive function, and communication abilities. It affects millions worldwide, leading to severe disorientation, difficulty in recognizing familiar faces, and an increased risk of wandering, which poses significant safety hazards [1]. As the disease advances, individuals struggle with day-to-day tasks, relying heavily on caregivers for constant supervision and assistance. This not only impacts the patient's well-being but also places immense emotional and physical strain on their families and healthcare providers [2].

Traditional care methods often fall short in addressing the dynamic needs of dementia patients, necessitating technological innovations that enhance their safety, autonomy, and quality of life. With advancements in artificial intelligence (AI), real-time tracking, and cognitive assistance, smart applications can offer personalized reminders, location-based alerts, AI-driven chatbot interactions, and thought-to-text conversion, ensuring patients remain engaged, oriented, and connected[10]. These interventions not only empower individuals with dementia but also provide caregivers with real-time insights and proactive support mechanisms, fostering a safer and more dignified living environment for those affected.

Recent developments in AI-powered assistive technologies have shown promise in addressing cognitive impairments. AI-driven applications utilize speech recognition, image processing, and natural language processing (NLP) to aid dementia patients in daily activities. Memory augmentation tools, geofencing for location safety, and chatbot support can improve communication and overall well-being. Additionally, emerging research in thought-to-text conversion through electroencephalography (EEG) and deep learning is paving the way for brain-computer interface (BCI) applications, potentially offering hands-free communication for dementia patients with severe impairments [8].

The proposed AI-powered application integrates multiple functionalities, including memory aid systems, geofencing for safety, AI chatbot support, voice command capabilities, image recognition, and thought-to-text conversion, to create a comprehensive solution for dementia care. By leveraging AI and EEG-based systems, the app seeks to enhance patient autonomy, reduce caregiver burden, and improve overall quality of life.

## II. Background on Dementia

Dementia is a progressive neurological disorder characterized by a decline in cognitive abilities, memory loss, impaired reasoning, and difficulties in communication. It is not a single disease but an umbrella term for conditions such as Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, each affecting brain function differently [13].

Currently, there is no cure, and treatment focuses on symptom management through medication, cognitive therapies, and caregiver support [16].

## III. Importance of Memory, Communication, and Safety in Dementia Care

### Memory Aid Functionality

The preservation and enhancement of memory are of paramount importance in the care of individuals with dementia, as this facilitates patients in maintaining a coherent sense of self and continuity. The implementation of effective memory aids has the potential to significantly augment their capacity to recall salient information and to navigate daily activities with greater autonomy. Memory dysfunction is a hallmark indication of dementia, resulting in challenges associated with the recollection of personal information, recognition of familiar individuals, and the management of routine activities. This cognitive deterioration adversely impacts independence and escalates dependence on caregivers.

Artificial intelligence-driven memory assistance systems, such as digital reminders, automated scheduling, and contextual prompts, can serve to reinforce daily practices and improve recollection. Furthermore, customized memory aids, encompassing voice-assisted prompts and visual recognition technologies, can alleviate confusion and bolster cognitive engagement. Research has demonstrated that AI-powered interfaces can support different types of memory retention in dementia patients by providing interactive and adaptive memory cues [14].

**Communication Assistance**

The efficacy of communication is essential for the cultivation of relationships and for ensuring that patients perceive themselves as understood and valued. Caregivers are required to modify their communicative approaches to accommodate the specific needs of individuals with dementia, employing clear verbal expressions and non-verbal signals to aid in comprehension. As dementia advances, patients frequently encounter linguistic deficits, rendering it challenging to articulate thoughts, comprehend spoken language, or participate in meaningful dialogue [11]. This communicative impediment contributes to social isolation, frustration, and emotional distress.

AI-enhanced chatbots, speech recognition applications, and thought-to-text innovations can effectively bridge this communicative divide by enabling fluid interaction. Thought-to-text technology, based on EEG signal decoding and deep feature learning, has made significant strides in recent years, allowing users to communicate their thoughts even in the absence of verbal speech. These technological tools empower individuals to communicate more proficiently, thereby preserving social bonds and emotional health [15].

**Safety and Monitoring**

One of the most urgent challenges in the realm of dementia care is the phenomenon of wandering and spatial disorientation, which may culminate in accidents and perilous situations. The prioritization of safety for individuals suffering from dementia is of utmost importance, as cognitive deterioration may result in disorientation and an elevated risk of accidents [14].

Real-time GPS tracking, geofencing alerts, and emergency contact systems furnish an additional layer of security, permitting caregivers to oversee patients and receive notifications when they exit designated safe areas. Mobile health applications with geofencing capabilities have been increasingly employed to enhance patient safety, allowing for proactive intervention when individuals with dementia wander beyond predefined boundaries [1]. The incorporation of fall detection mechanisms and automated emergency response functionalities further amplifies safety and ensures prompt intervention during critical circumstances.

## IV. Overview of AI-Powered App Features

The incorporation of artificial intelligence (AI) within assistive technology has profoundly revolutionized dementia care by offering immediate cognitive and safety assistance to individuals experiencing memory deterioration, disorientation, and communicative obstacles [12]. The proposed AI-enhanced application harnesses machine learning, natural language processing (NLP), computer vision, and brain-computer interfaces (BCIs) to provide a holistic assistive system customized to the specific needs of dementia patients. The fundamental features of the system encompass memory aid functionalities, geofencing-based safety protocols, chatbot-facilitated communication, voice command processing, image recognition capabilities, and thought-to-text conversion mechanisms.

Each of these features serves an essential function in alleviating the ramifications of dementia by targeting particular challenges. Memory aid functionalities augment recall capabilities by utilizing AI-driven reminders and object identification, while geofencing guarantees patient security through location monitoring and anomaly detection. AI-enabled chatbots offer a conversational interface that fosters social interaction, and voice command functionalities permit intuitive management of assistive features [5]. Image recognition technology aids in the identification of familiar objects and faces, thereby minimizing confusion and anxiety. Moreover, the incorporation of thought-to-text conversion through EEG-based neural interfaces presents an innovative strategy to assist individuals with advanced-stage dementia who encounter difficulties in verbal communication.

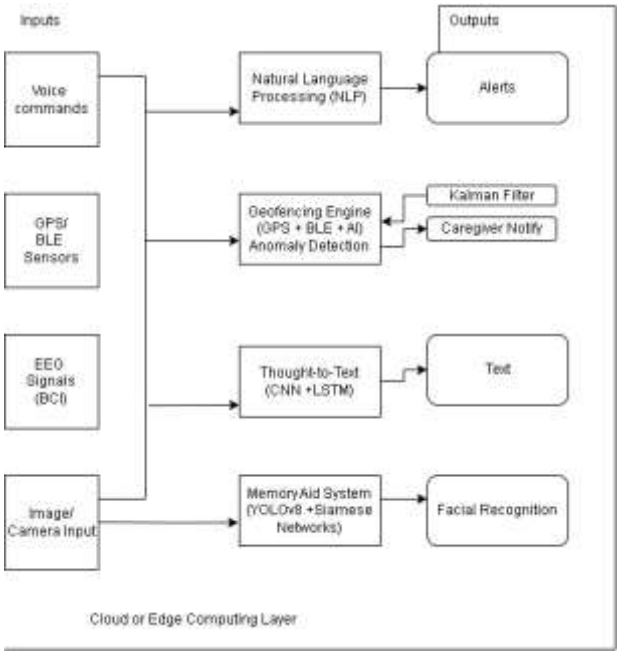


*Figure 4.1 AI-Driven Assistive System for Cognitive and Mobility Support: A Multi-Modal Input Processing Framework*

**Memory Aid Functionality**. Memory impairment constitutes one of the most common and incapacitating symptoms of dementia, adversely impacting an individual's capacity to recognize familiar faces, recall recent occurrences, and execute daily activities [13]. The AI-powered memory aid functionality employs deep learning-based pattern recognition and contextual NLP models to facilitate memory retrieval.

The system capitalizes on Convolutional Neural Networks (CNNs) and Transformer-based NLP models to deliver

personalized reminders and identify objects in real time [9]. Facial recognition, achieved through the utilization of Siamese Networks, enables the application to identify caregivers and family members. The mechanism for memory retrieval integrates Optical Character Recognition (OCR) and contextual reinforcement learning to generate real-time reminders informed by location, daily routines, and historical interactions.

For example, if a user misplaces the location of a critical item, such as medication, the system employs object detection algorithms (YOLOv8) to survey the environment and indicate the object's whereabouts [10]. Likewise, intelligent reminders are dynamically modified through reinforcement learning models, which adjust reminder frequencies based on the patient's responsiveness and compliance with scheduled activities.

By amalgamating natural language understanding (NLU) with contextual cognizance, the system can prompt users with memory-related inquiries or generate reminders that exhibit a conversational tone rather than rigidly predetermined alerts. This adaptive approach markedly enhances user engagement and mitigates the anxiety associated with memory loss.

**Geofencing for Safety.** Wandering represents a thoroughly documented behavioral manifestation in individuals afflicted with dementia, presenting considerable safety hazards. To mitigate this issue, the AI-driven geofencing system integrates GPS-based localization, anomaly detection algorithms, and real-time caregiver notifications to avert potential threats.

The system employs Kalman Filters to augment GPS precision, thereby facilitating accurate location monitoring in both indoor and outdoor environments. Moreover, Bluetooth Low Energy (BLE) beacons facilitate room-level localization, empowering caregivers to oversee the movements of the patient within a designated secure area [2]. Anomaly detection models, specifically Density-Based Spatial Clustering of Applications with Noise (DBSCAN), scrutinize movement patterns and identify deviations that may suggest disorientation or wandering.

Upon detecting that a patient has exited a specified safe zone, the system activates an automated alert via the MQTT messaging protocol, thereby ensuring low-latency communication with caregivers.Through the incorporation of edge computing, the geofencing system guarantees that location tracking and alerts remain operational even in environments characterized by low connectivity, thereby addressing one of the principal challenges in the care of individuals with dementia [4].

**Chatbot Support for Communication**. Dementia considerably affects language processing and social interaction, resulting in social isolation [5]. The AI-empowered chatbot integrated into the system functions as a conversational agent that offers cognitive stimulation, emotional support, and task-oriented guidance.

The chatbot is engineered utilizing advanced transformer models, such as BERT and GPT-based architectures, which facilitate the maintenance of context throughout conversations [9]. Unlike traditional chatbots, the dementia-oriented assistant is specifically optimized for slow-paced, repetitive, and emotionally adaptive dialogue. Sentiment analysis, implemented via Bidirectional LSTMs, enables the chatbot to evaluate the emotional state of the user and modulate its responses accordingly.

In addition to facilitating text-based communication, the chatbot incorporates speech-to-text (DeepSpeech, Whisper AI) and text-to-speech synthesis, thereby enabling voice-based interaction. Gesture recognition models are also integrated to provide a multimodal interaction experience, ensuring accessibility for patients with diverse levels of cognitive impairment [6],[7].

**Voice Command Capabilities.** Voice-mediated interactions provide a seamless and unobtrusive mechanism for individuals with dementia to engage with assistive technological solutions [9]. The proposed framework utilizes deep learning-based Automatic Speech Recognition (ASR) architectures, including DeepSpeech and Whisper AI, to facilitate voice-driven manipulation of application functionalities.

The Natural Language Understanding (NLU) component, constructed using BERT-based intent classification models, interprets verbal commands and converts them into executable directives. The system possesses the capacity to discern a broad spectrum of contextual instructions, encompassing task reminders, navigational support, and emergency notifications [10].

## V. Benefits of the AI-Powered Application

The advent of Artificial Intelligence (AI) has positioned itself as a revolutionary instrument within the realm of dementia care, proffering solutions that enhance patient autonomy, furnish critical support to caregivers, and elevate the overall quality of life for individuals afflicted by this condition. The proposed AI-driven application amalgamates various assistive technologies, encompassing memory aids, geofencing for safety protocols, chatbot-supported communication, and thought-to-text conversion, to tackle the multifaceted challenges encountered by dementia patients and their caregivers. This section delineates the principal advantages of the system, with a particular emphasis on its contribution to augmenting patient independence, mitigating caregiver burden, and cultivating an enhanced quality of life.

### Enhancing Patient Independence

A fundamental objective of assistive technology in dementia care is to empower patients with resources that facilitate their engagement in daily activities with minimal external assistance. The AI-driven application promotes independence by offering memory reinforcement mechanisms, real-time navigational support, and voice-activated control of essential functionalities.

The memory aid feature, underpinned by deep learning algorithms and object recognition capabilities, assists patients in recalling significant tasks, recognizing familiar individuals, and locating misplaced items. Through the employment of adaptive learning models, the system customizes reminders in accordance with user behaviors, thereby alleviating cognitive load and enabling a heightened level of self-sufficiency.[3] Furthermore,

the voice command functionalities permit patients to engage with the application in a straightforward and intuitive manner, allowing them to manage home automation devices, access reminders, and initiate emergency interventions [2].

**Supporting Caregivers**

The act of providing care for individuals diagnosed with dementia is both physically and emotionally taxing, frequently necessitating continuous oversight and intervention. The communication system facilitated by a chatbot serves as a cognitive and emotional support mechanism for patients, thereby diminishing their dependence on caregivers for social interaction and guidance.

Moreover, the geofencing safety alerts and real-time anomaly detection functionalities empower caregivers to remotely oversee patient movements, thereby ensuring prompt intervention in instances of wandering or emergency scenarios. The system's capability to identify atypical behaviours through machine learning-based anomaly detection provides early indications of potential health concerns, allowing caregivers to undertake preventive measures.[1]

## VI. Challenges and Limitations

Implementing AI-powered assistive technology is not without its difficulties, despite the fact that they provide promising improvements in dementia care. Technological limitations, accessibility and user acceptance problems, and privacy and autonomy-related ethical concerns are important obstacles.[10]

Real-time picture identification, geofencing accuracy restrictions, and EEG-based thought-to-text translation, which necessitates high-precision neural signal interpretation, are examples of technological obstacles. Issues with user acceptance include pricing restrictions, speech differences, and interface adaptation, which prevent broad adoption [5]. Strong encryption and moral AI frameworks are required due to ethical concerns about data security, algorithmic bias, and autonomy preservation. Predictive analytics for early dementia detection, federated learning for privacy-preserving AI models, and adaptive multimodal interfaces to improve patient-caregiver interactions will be the main features of future system iterations. With continuous advancements in AI and assistive technology, the system holds the potential to redefine dementia care, promoting a future where individuals with neurodegenerative conditions can live with dignity, autonomy, and enhanced well-being.

## VII. User Feedback and Adaptations

**Challenges Identified by Users and Caregivers**

The complexity of some AI interfaces made it difficult for older users to adjust to voice commands or touchscreen interactions. In response, developers introduced simplified voice-activated controls and gesture-based navigation, making the systems more intuitive.

Additionally, privacy concerns arose, particularly with regard to continuous data collection through cameras and microphones. To address these, developers implemented local data processing with encrypted storage, allowing AI models to function without sending sensitive information to cloud servers, thereby increasing user trust. User feedback and adaptations have highlighted key areas for improvement despite the success of AI-powered dementia care solutions.

**Enhancements Based on Real-World Implementation**

**Personalized AI models**. Customizable AI profiles were introduced to adapt to individual patient needs, ensuring that reminders, chatbot interactions, and voice commands were tailored to each user's cognitive abilities.

**Multilingual Support.** Users from diverse linguistic backgrounds requested improved language support. AI chatbots and voice recognition systems were updated with multilingual capabilities, enabling wider accessibility.

**Offline Functionality**. To address concerns about internet dependency, developers optimized certain features for offline use, ensuring patients and caregivers could access critical functionalities even without a stable internet connection.

## VIII. Future Directions

As AI-powered dementia care applications continue to evolve, several key areas present opportunities for enhancement and expansion. Future research and development should focus on refining existing functionalities, improving user adaptability, and integrating with emerging technologies to create a more holistic and effective support system for both patients and caregivers.

**Enhanced Thought-to-Text Capabilities.** Current brain-computer interface (BCI) technologies used for thought-to-text conversion have limitations in accuracy and real-time processing. Advancements in deep learning algorithms, neural decoding models, and EEG signal processing could significantly improve the precision of this feature, enabling seamless communication for patients experiencing severe speech impairments.

**Adaptive AI for Personalized Assistance.** Future iterations of the application should incorporate adaptive learning models that evolve based on patient behavior, preferences, and cognitive decline progression. By utilizing reinforcement learning and user interaction data, the AI could dynamically adjust reminder patterns, chatbot responses, and safety measures to suit individual needs more effectively.

**Offline AI Capabilities.** A significant challenge in AI-driven dementia care applications is internet dependency. Future developments should focus on on-device processing using edge AI to enable core functionalities like memory aids, safety alerts, and chatbot conversations even in areas with poor internet connectivity.

**IoT-Based Smart Home Integration.** By linking the app with IoT-enabled devices, such as smart lighting, voice assistants, and automated medication dispensers, dementia patients can experience an enhanced living environment tailored to their needs. AI-powered automation can adjust lighting based on time

of day, send voice-based reminders for medication, and detect unusual behavior patterns, ensuring a safe and structured daily routine.

## IX. Conclusion

This study explored the development of an AI-powered dementia care application, integrating memory aids, geofencing for safety, chatbot support, voice commands, image recognition, and thought-to-text conversion. Our findings indicate that AI-driven assistive technologies can significantly enhance patient independence, reduce caregiver burden, and improve the overall quality of life for individuals with dementia.

Despite its potential, challenges such as hardware accessibility, user adaptation, and ethical considerations must be addressed. Future research should focus on enhancing AI models, improving user accessibility, and integrating wearable and IoT-based healthcare solutions to create a more seamless and effective support system.

The advancements in AI, natural language processing, and computer vision offer promising solutions for dementia care, reinforcing the importance of technology-driven interventions in healthcare. With further development, such applications have the potential to revolutionize dementia management, providing personalized, real-time assistance to those in need.

Given the ongoing changes in the dementia care landscape, it is critical to think about how AI-driven solutions might improve user experience while also accommodating the various demands of people at various stages of cognitive decline. According to Dixon and Lazar's research, for example, customized interfaces can greatly enhance usability for users with different memory capacities, creating a more welcoming atmosphere. Incorporating feedback loops into these systems may also enable real-time modifications in response to user interactions, improving everyday work efficacy and engagement. This strategy emphasizes the need for interdisciplinary cooperation between technologists, medical experts, and caregivers in order to develop solutions that are not only cutting edge in terms of technology but also sympathetic and sensitive to the changing needs of individuals living with dementia.

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