



**University of Eastern Finland**  
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## **LETTER OF COLLABORATION**

### **The wellbeing services county of Vantaa and Kerava**

is committed to collaborate in the implementation of the project called *Resilience in ageing: Identifying mechanisms and co-creating scalable solutions for better mental health (RES-AGE)* coordinated by Professor Fredrica Nyqvist (Åbo Akademi) and its WP6 *Supporting resilience of older adults living in vulnerable life situations* lead by Professor Tiilikainen (University of Eastern Finland) in case the project is selected for funding by the Research Council of Finland.

### **Description of the practical implementation of the collaboration:**

- participation of eldercare professionals in the co-creation development of the educational intervention, including four workshops primarily in 2028 and other necessary communication during the project within available resources
- participation in the implementation of the educational intervention pilot during the project, primarily during 2029-2030 within available resources
- participation of directors of eldercare services in the stakeholder reference group meetings during the project
- A compensation of EUR 8,000 is reserved in the project budget for the Wellbeing Services County of Vantaa and Kerava to cover costs related to participation in the collaboration. The compensation and its payment schedule will be specified in a separate agreement, subject to the project being funded.
- The collaboration will be implemented within the available resources of the Wellbeing Services County of Vantaa and Kerava and primarily during the years 2028–2030, as outlined in the project plan. The exact scope and practical arrangements will be agreed upon separately during the project.

Any data collection involving employees or clients of the Wellbeing Services County of Vantaa and Kerava requires separate approvals in accordance with applicable legislation and the county's internal procedures. This letter does not constitute approval for research permits.

The collaboration adds important value to the project by promoting effective use of research knowledge, co-creating novel ways of supporting older adults' mental wellbeing and resilience and implementing them in eldercare services in the Vantaa and Kerava area.

This Letter of Collaboration expresses the intention to collaborate and does not constitute a legally binding agreement. The Wellbeing Services County of Vantaa and Kerava reserves the right to withdraw from or modify the collaboration should significant changes occur in resources, organization, or operating conditions.

In Vantaa 21.4.2026

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Minna Lahnalampi – Lahtinen, Director, Disability and Older Persons' Services  
Wellbeing services county of Vantaa and Kerava  
Finland

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