



# VoimaProfi – Empowering People towards Socially Inclusive Society

Social exclusion is a wicked problem with dire costs for individuals, communities and the social and health care sector. Laurea UAS is a nationally significant authority in the field of expertise-by-experience and in providing practical solutions for marginalization. The project further develops these competences and especially theoretical underpinnings of the area. The project develops theoretical concepts and methodologies that will form the bedrock for practical solutions developed in the project. The project strives towards a people-centered paradigm shift in the social and health care sector. This kind of approach focuses on the viewpoints and experiences of clients and grassroots-level workers, which will lead to improved wellbeing, ethically sustainable and more inclusive society.

## Research themes:

### STUDY 1

Preventing digital exclusion  
among vulnerable groups

### STUDY 2

Developing the support to  
children, adolescents, and their  
parents with mental wellbeing  
challenges

### STUDY 3

Supporting professional  
development among experts-  
by-experience with a history of  
crime

### STUDY 4

Supporting wellbeing of  
employees in elderly care

## Expected outcomes:

### STUDY 1

- Improved digital skills
- Local network of digital support
- Cultural integration

### STUDY 2

- Improved mental wellbeing of children and adolescents
- Participation of parents
- Multiprofessional approach
- Operating model for mental health promotion
- Developed social- and health care education

### STUDY 3

- Educational qualification
- Employment
- Attitude change among employers

### STUDY 4

- Improved wellbeing and team climate
- Prevention of turnovers
- New ways of work and developing it
- Better quality of care

**HUB - that will provide the experts by experience, professionals and those interested in the subject with the perspectives they need in relation to the field of experiential knowledge.**

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**Partners: private- public- and third sector:** City of Espoo | Edistia | Food aid associations in Espoo | Employment office | City of Vantaa | Children of the Station | City of Vantaa | Criminal Sanctions Agency | Valo-Valmennusyhdistys | Elderly care institutions | Betesda foundation | Uusimaa Senior Homes

