

Position Description

1. General Information

Name of the position	Resilient Ageing, Technologies, and Regenerative Living Conditions
Foreseen enrolment date	September 2025
Position is funded by	<ul style="list-style-type: none"> • COFUND, Marie Skłodowska-Curie Actions (MSCA), Horizon Europe, European Union • University of Vaasa • RMIT University
Research Host	University of Vaasa
PhD awarding institutions	University of Vaasa & RMIT University
Locations	Primary: Vaasa, Finland Secondary: Melbourne, Australia
Salary	30,605.12 EUR annual gross salary (2,448.41 EUR monthly gross salary)
Supervisors	<ul style="list-style-type: none"> • Catharina von Koskull, Associate Professor, University of Vaasa • Henna Syrjälä, Associate Professor, University of Vaasa • Bernardo Figueiredo, Professor, RMIT University • Torgeir Aleti, Dr., RMIT University
Group of discipline	Marketing-Consumer Research

2. Research topics (only one of these projects will be funded)

Project 1: A conceptual framework for resilient ageing integrating restorative technologies and regenerative living

This project develops a conceptual framework that integrates *resilient ageing*, *restorative technologies*, and *regenerative living* to address the challenges faced by ageing populations in a rapidly changing social and environmental landscape. As societies experience increasing climate-related stressors and demographic shifts, there is an urgent need for frameworks that empower older adults to thrive while contributing to sustainability goals.

The research will explore the relationships between resilient ageing (the capacity to adapt to change and maintain well-being as one ages), restorative technologies (technologies that enhance physical, cognitive, and social functioning), and regenerative living (practices that contribute positively to natural and social systems). Using a combination of approaches such as systematic literature review, qualitative data collection methods, the project will identify key enablers, barriers, and outcomes at the intersection of these three concepts.



This framework will provide insights into how restorative technologies—such as assistive devices, smart systems, and health-focused innovations—can help older adults adapt to environmental and personal challenges, enabling them to live independently and meaningfully. Additionally, it will explore how ageing populations can engage in regenerative living practices, such as resource circularity, sustainable consumption, and intergenerational collaboration, to contribute to ecological and community resilience.

The outcomes will support policymakers, designers, and practitioners in developing inclusive and sustainable strategies for ageing populations, positioning older adults as active participants in climate-positive futures.

Supervisors: Catharina von Koskull (UVA), Henna Syrjälä (UVA), Bernardo Figueiredo (RMIT)

Research Fields: Ageing Studies, Sustainability, Consumer Research, Service Research, Social Innovation

Project 2: Participatory research with older adults for co-designing and evaluating age-inclusive, sustainable technological solutions

This project explores the role of participatory research in designing and evaluating age-inclusive, sustainable technological solutions that address the needs and aspirations of older adults. Ageing populations are often excluded from the design process of technologies that impact their daily lives. By adopting a co-design approach, this project will empower older adults to shape innovations that promote both their independence and broader environmental sustainability.

The research will involve participatory workshops, interviews, and pilot testing with older adults to co-design and evaluate technologies such as energy-efficient smart home systems, circular economy tools, or community-based resource-sharing platforms. Special attention will be paid to ensuring inclusivity, usability, and sustainability in the design process, focusing on the barriers and enablers that influence adoption and engagement.

The project will examine how older adults' lived experiences and intergenerational knowledge can inform the development of technology that enhances their resilience, agency, and contribution to regenerative practices. Evaluation metrics will emerge from the work but might include usability, environmental impact, and social outcomes such as improved quality of life, reduced social isolation, and greater community participation.

This study contributes to a growing body of research on co-design and age-inclusive innovation, providing actionable insights for designers, industries, and policymakers. It positions older adults as co-creators in the transition towards inclusive, sustainable, and technologically enhanced living environments.

Supervisors: Catharina von Koskull (UVA), Henna Syrjälä (UVA), Bernardo Figueiredo (RMIT)

Research Fields: Participatory Design and Inclusive Methodologies, Consumer Research, Service Research, Ageing Studies, Sustainability, Digital Innovation



Project 3: How can technologies promote resilience, independence, active participation in later life and regenerative living among ageing populations?

This project investigates the role of technologies in fostering resilience, independence, active participation, and regenerative living for older adults. Technologies that are age-inclusive and sustainability-focused hold the potential to transform later life, allowing older adults to thrive while contributing to ecological and social renewal.

The research will focus on identifying and evaluating technologies—such as assistive devices, smart systems, and digital platforms—that address the unique needs of ageing populations. Specifically, the project will explore:

1. How these technologies enhance physical, cognitive, and social resilience among older adults, enabling them to adapt to challenges and maintain independence.
2. How technologies can facilitate active participation in community-based regenerative practices, such as resource sharing, local energy solutions, or circular economy initiatives.

Methodologically, the project will combine case studies, ethnography, interviews, and pilot testing to assess the effectiveness, accessibility, and sustainability impact of these technologies. Special attention will be given to older adults' lived experiences, ensuring their voices inform how such technologies can be implemented and scaled.

The outcomes will provide insights into designing technological solutions that align with the principles of resilient ageing and regenerative living, positioning older adults as active agents of positive change. This research will inform technology developers, policymakers, and industries, offering actionable strategies for integrating ageing populations into sustainable futures.

Supervisors: Catharina von Koskull (UVA), Henna Syrjälä (UVA), Bernardo Figueiredo (RMIT)

Research Fields: Consumer Research, Service Research, Ageing Studies, Digital Technologies, Sustainability, Social Innovation

3. Employment Benefits and Conditions

The University of Vaasa offers maximum a 48-month full-time work contract. A probation period of maximum 6 months can be applied, and the annual workload for researchers is 1,612 hours / year.

The remuneration, in line with the European Commission rules for Marie Skłodowska-Curie grant holders, will consist of a **gross annual salary** of yearly 30,605.12 EUR (monthly 2,448.41 EUR gross). Of this amount, the estimated net salary to be perceived by the Researcher is 1,958.728 EUR per month. However, the definite amount to be received by the Researcher is subject to national tax legislation.

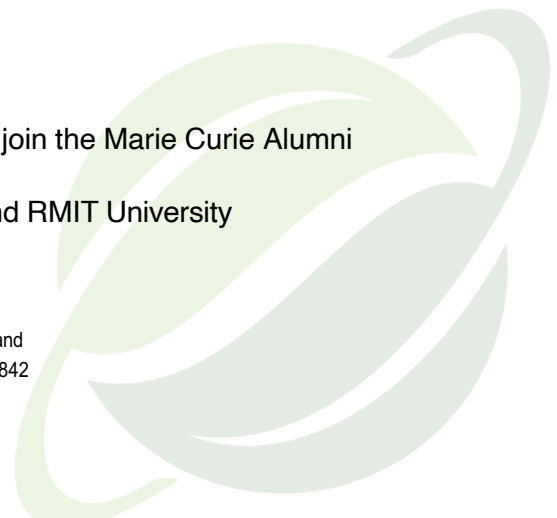
Benefits include

- Becoming a Marie Skłodowska-Curie fellow and be invited to join the Marie Curie Alumni Association
- Access to all the necessary facilities at University of Vaasa and RMIT University
- Tuition fees exemption at both PhD awarding institutions



This project has received funding from the European Union's Horizon Europe research and innovation programme under the Marie Skłodowska-Curie grant agreement N° 101179842

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- Travel allowance to cover flights and accommodation for participating in DREAM+PLAN events
- Up to 12 months in Australia
- 30 days paid holiday leave
- Social security coverage
- Sick leave
- Parental leave

4. PhD enrolment

Successful candidates for this position will be enrolled by the following institutions and must comply with their specific entry requirements, in addition to DREAM+PLAN's conditions.

University of Vaasa

To enrol in a Doctorate program you must meet the general conditions, which can be found through this link: [Admissions to doctoral studies | University of Vaasa](#).

RMIT University

Visit the website: <https://www.rmit.edu.au/research/research-degrees/how-to-apply>



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