

# Quality of life of older adults in public residential care centers: A systematic review of evidence from 2020 to 2024

## Calidad de vida de los adultos mayores en centros residenciales públicos: revisión sistemática de evidencias entre 2020 y 2024

1. Pablo Antonio La Serna La Rosa  
<https://orcid.org/0000-0001-7065-012X>  
plasernaro12@ucvvirtual.edu.pe  
Universidad César Vallejo  
Lima-Peru

2. Shiriam Alejandra Araujo Rossel  
<https://orcid.org/0009-0008-0698-1715>  
saaraujor@ucvvirtual.edu.pe  
Universidad César Vallejo  
Lima-Peru

3. Mauricio Acevedo Carrillo  
<https://orcid.org/0000-0001-8699-6176>  
macevedoca@ucvvirtual.edu.pe  
Universidad César Vallejo  
Lima-Peru

4. Norma Milena Cabezas Torres  
<https://orcid.org/0009-0000-8240-1403>  
ncabezast@ucvvirtual.edu.pe  
Universidad César Vallejo  
Lima-Peru



Received: 20-02-2025 Accepted: 13-05-2025

2026. V6. N 1.

### Abstract

Population aging constitutes one of the most significant social challenges of recent decades, especially with regard to ensuring decent conditions and a good quality of life for older adults residing in public residential centers. In this context, this study aimed to analyze recent academic production on factors associated with quality of life in these institutional settings. To this end, a qualitative systematic review was conducted of 22 scientific articles published between 2020 and 2024, selected through an exhaustive search of recognized databases such as Scopus, ScienceDirect, and SciELO. The inclusion criteria considered peer-reviewed studies, available in Spanish or English, and focused on institutionalized older adults in the public sector, excluding publications older than five years, without primary data, or with methodological deficiencies. The analysis identified recurring patterns related to the impact of architectural design, personalized care, social support, infrastructure conditions, and health services on residents' quality of life. It is concluded that this quality of life is profoundly influenced by biopsychosocial and institutional factors, and that there is consistent evidence of the importance of comprehensive interventions that promote the physical, emotional, and social well-being of older adults, especially in resource-limited settings.

**Keywords:** older adults, quality of life, public residential centers.

## Resumen

El envejecimiento poblacional constituye uno de los desafíos sociales más significativos de las últimas décadas, especialmente en lo que respecta a garantizar condiciones dignas y una buena calidad de vida para los adultos mayores que residen en centros residenciales públicos. En este contexto, el presente estudio tuvo como objetivo analizar la producción académica reciente sobre los factores asociados a la calidad de vida en estos entornos institucionales. Para ello, se realizó una revisión sistemática cualitativa de 22 artículos científicos publicados entre 2020 y 2024, seleccionados mediante una búsqueda exhaustiva en bases de datos reconocidas como Scopus, ScienceDirect y SciELO. Los criterios de inclusión consideraron estudios revisados por pares, disponibles en español o inglés, y enfocados en adultos mayores institucionalizados en el ámbito público, excluyendo publicaciones anteriores a cinco años, sin datos primarios o con deficiencias metodológicas. El análisis permitió identificar patrones recurrentes relacionados con el impacto del diseño arquitectónico, la atención personalizada, el apoyo social, las condiciones de infraestructura y los servicios de salud en la calidad de vida de los residentes. Se concluye que esta calidad de vida está profundamente influida por factores biopsicosociales e institucionales, y que existe evidencia consistente sobre la importancia de intervenciones integrales que promuevan el bienestar físico, emocional y social de los adultos mayores, especialmente en contextos con recursos limitados.

**Palabras clave:** adultos mayores, calidad de vida, centros residenciales públicos.

## Introduction

The progressive demographic aging occurring globally has presented a series of complex challenges that invite a reevaluation of how societies ensure dignified conditions for older adults, particularly those living in institutional settings. This reality underscores the urgency of designing policies and services that address the challenges of geriatric care, as well as the structural changes in family and community relationships. In this context, it is essential to create spaces that promote comprehensive well-being during old age, considering not only the physical dimension but also the emotional and social aspects.

Quality of life in older adulthood is a multidimensional concept that integrates biological, psychological, and social variables. In this regard, Alonso Palacios et al. (2023) indicate that aging entails progressive transformations that affect the individual's functional capacities, which often lead to processes of institutionalization due to insufficient family support. García Alarcón et al. (2021) emphasize that emotional isolation, economic limitations, and health issues significantly contribute to the deterioration of well-being at this stage of life. Moreover, Ávila et al. (2020) highlight the importance of addressing quality of life from physical, mental, and social dimensions, while Piña et al. (2022) add a cultural perspective, emphasizing social roles as fundamental elements for dignified aging.

Comparative studies between institutionalized older adults and those who remain in their family environments reveal significant differences. Picazo (2020) suggests that, although no substantial differences are observed in the overall perception of well-being, higher levels of dependency and depressive symptoms are present among those residing in institutions. This finding underscores the need for specific interventions that prioritize emotional care and foster personal autonomy in these settings.

In this vein, active aging programs are presented as key tools for promoting healthy aging. Research such as that by Proaño & Navarrete (2025) evidences the positive impact of these initiatives on physical and psychological well-being, while Alvarado & Alvarado (2024) underscore the relevance of holistic strategies aimed at health promotion.

Conversely, the physical and organizational conditions of geriatric residences play a determining role in the life experience of their residents. Guerra-Martín & Ramírez (2020) point out deficiencies in care services, and the Ombudsman (2023) warns of structural problems, a shortage of qualified staff, and difficulties in accessing medical care. From a constructive perspective, Morán (2022) advocates for accessible infrastructures that promote autonomy, while Bustamante et al. (2023) highlight the importance of welcoming, safe, and stimulating environments.

Additionally, contextual and geographical factors also influence the quality of life of older adults. Liu et al. (2023) demonstrate how altitude can affect both the physical and emotional dimensions of well-being. Esteve & Zueras (2021) emphasize the role of family structure in social support during old age, and Aguilar & Carballo-Alfaro (2023) identify that access to support networks and health services is related to greater life satisfaction.

La Serna, P., Araujo, S., Acevedo, M., & Cabezas, N. (2026). Quality of life of older adults in public residential care centers: A systematic review of evidence from 2020 to 2024. *Revista InveCom*, 6(1). 1-9. <https://zenodo.org/records/15460299>

Meanwhile, Brasero-Rodríguez et al. (2024) highlight resilience as a key mediating factor in the perception of well-being during retirement.

The literature also emphasizes the effectiveness of community and health initiatives. Wen et al. (2021) document improvements in the quality of life of institutionalized residents due to community programs. Additionally, Regato-Pajares et al. (2023) highlight responses from primary care during the health crisis in residences, and Aguiar & Salmazo da Silva (2022) analyze the impact of professional training and the active participation of older adults in their own care.

The psychological dimension cannot be overlooked in this context. Studies by Pisfil (2023) and Zegarra (2022) warn about the consequences of COVID-19 confinement on the mental health of the institutionalized geriatric population, highlighting elevated levels of anxiety, depression, and stress during that period.

In light of this landscape, the present research aims to critically analyze recent scientific production on the quality of life of older adults in public residential centers, with special attention to studies published between 2020 and 2024. This review seeks to systematize the main approaches, findings, and gaps in the research, in order to contribute to the design of more effective interventions that promote the comprehensive well-being of this population from an evidence-based perspective.

## Methodology

This study consisted of a review of 22 articles focused on the quality of life of older adults residing in public residential centers, obtained through an exhaustive literature search in recognized academic databases such as Scopus, ScienceDirect, and SciELO. Specific keywords were employed for data collection, including “quality of life,” “older adults,” “residential centers,” “public care,” “aging,” “well-being,” and “systematic review.”

In the first stage, the initial search identified a total of 65 potentially relevant articles. Subsequently, strict inclusion and exclusion criteria were applied to ensure the quality and relevance of the selected studies. Specifically, only those works published in the last five years, peer-reviewed, and specifically addressing the quality of life of older adults in public residential centers were included. Additionally, the articles had to be available in English or Spanish to facilitate analysis.

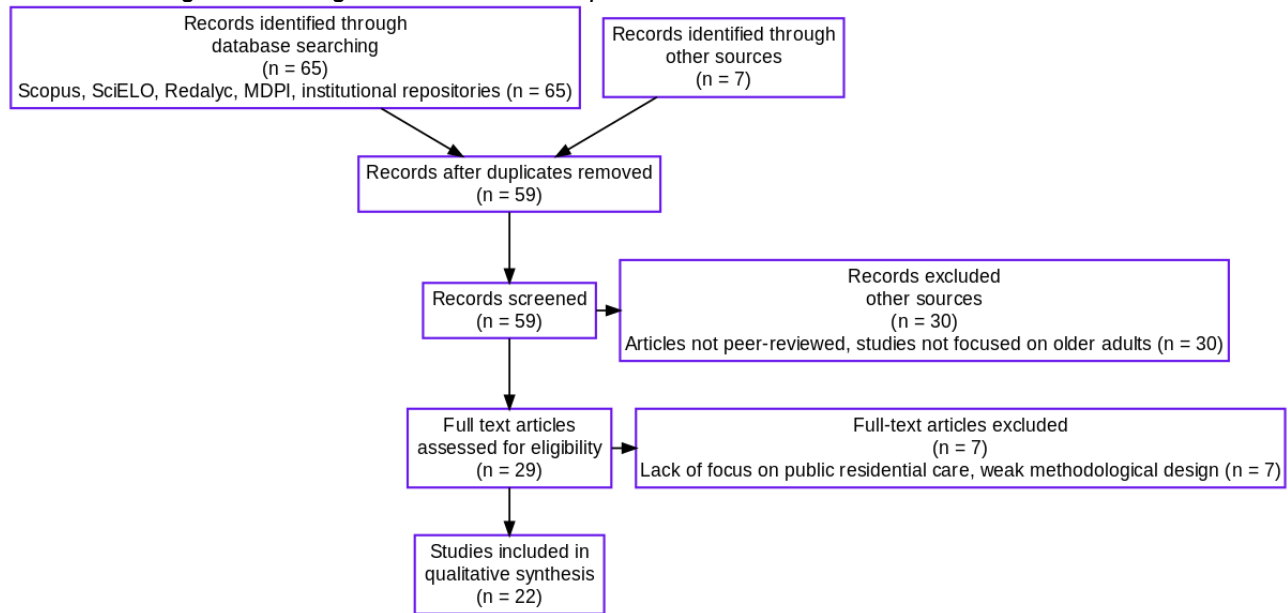
On the other hand, studies with inadequate methodologies, inconclusive results, reviews without primary data, duplicate articles, and those published more than five years ago were excluded. After applying these filters, 22 articles were ultimately selected for a more detailed analysis, which was conducted using a qualitative methodology.

The qualitative analysis was carried out in several stages. Initially, a preliminary review was conducted in which each article was carefully examined to extract relevant information regarding the study objectives, the methodology employed, the characteristics of the studied population, and the indicators used to assess quality of life.

In a second phase, a comparison of the results extracted from the selected articles was conducted with the aim of identifying common trends, significant differences, and general conclusions. During this process, special attention was given to the methodologies employed in each study to ensure the comparability and validity of the observations.

Additionally, a critical evaluation of the quality and validity of each article was performed using recognized tools for systematic reviews, such as the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. This framework ensures transparency and rigor in the selection, analysis, and synthesis of the included studies, thereby strengthening the reliability of the obtained results.

**Figure 1**  
PRISMA flow diagram showing the article selection process



**Note.** Content generated from <https://hollyhartman.shinyapps.io/PRISMAFlowDiagram/>

The findings of this review highlighted several determining factors in the quality of life of older adults residing in public residential centers. Among these, personalized care, appropriate residential environment design, and access to medical and social resources emerged as fundamental elements. Furthermore, it was observed that the emotional well-being and autonomy of the residents are essential aspects for improving their quality of life.

The relevance of this research lies in the need to identify and promote strategies that contribute to optimizing the quality of life of older adults in institutional settings, especially those with limited resources. In this regard, the reviewed studies align with the overall objective of this research: to conduct a comprehensive and critical review of the quality of life of older adults living in public residential centers, providing evidence that facilitates the design of more effective interventions focused on the holistic well-being of this population.

## Results

The following presents the grouped results from the analysis of the 20 selected articles:

**Table 1**  
Key factors determining quality of life in public residential centers

Key Factor	Author(s)	Aspect Analyzed	Main Conclusion
Definitions and factors of quality of life	Ávila et al. (2020)	Biopsychosocial factors influencing the quality of life of older adults in long-term care facilities.	Quality of life is lower in institutionalized older adults due to their biopsychosocial conditions.
	García et al. (2021)	Quality of life of older adults at the Primary Care Level.	Family abandonment and poverty reduce the well-being of older adults.
	Alonso et al. (2023)	Biopsychosocial and clinical conditions in institutionalized older individuals.	Loss of autonomy motivates institutionalization in old age.

	Piña et al. (2022)	Social participation of older adults and its effect on well-being.	Active social life improves quality of life in older age.
Quality of life in institutional contexts	Picazo (2020)	Comparison of well-being perception between elderly individuals with and without institutionalization.	Older adults in institutions report higher levels of depression and dependency.
Programs and active aging	Proaño & Navarrete (2025)	Evaluation of the impact of gerontological programs on users of a specialized center.	Programs improve the physical and emotional state of older adults.
	Alvarado & Alvarado (2024)	Active aging strategies focused on health and prevention.	Well-being improves with comprehensive and preventive interventions.
	Aguar & Salmazo (2022)	Primary care conditions directed at the older adult population.	The quality of care is directly related to staff training and the application of appropriate protocols.
Conditions in residential care centers	Guerra-Martín & Ramírez (2020)	Review of care quality in long-term residences.	Care in residences requires urgent improvements.
	Defensoría del Pueblo (2023)	Living conditions and rights compliance in residential care centers.	Rights are violated due to structural and staffing deficiencies.
	Morán (2022)	Inclusive architectural design in residences for older adults.	Architectural accessibility fosters autonomy.
	Bustamante et al. (2023)	Best care practices in gerontological centers.	A person-centered approach improves well-being.
	Segura et al. (2023)	Residential environments that promote independence in older adults.	Adapted spaces enhance autonomy and satisfaction.
Specific biopsychosocial factors	Liu (2023)	Influence of geographical altitude on the quality of life of older adults.	Altitude affects physical, emotional, and social well-being.
	Esteve & Zueras (2021)	Structure of older adults' households and their relationship with well-being.	Family coexistence provides support in old age.
	Aguilar & Carballo-Alfaro (2023)	Factors influencing life satisfaction perception in older age.	Health and social support enhance life satisfaction.
	Brasero-Rodríguez et al. (2024)	Relationship between quality of life, resilience, and well-being in retirees.	Resilience improves the perception of well-being in retirement.
Impact of interventions and programs	Wen et al. (2021)	Impact of community programs on the well-being of institutionalized older adults.	Community activities enhance the well-being of residents.

La Serna, P., Araujo, S., Acevedo, M., & Cabezas, N. (2026). Quality of life of older adults in public residential care centers: A systematic review of evidence from 2020 to 2024. *Revista InveCom*, 6(1). 1-9. <https://zenodo.org/records/15460299>

	Regato-Pajares et al. (2023)	Primary care response in residences during the pandemic.	Coordination with primary health care needs to be strengthened.
	Pisfil (2023)	Impact of social confinement on the mental health of older adults.	Isolation increased levels of stress and anxiety.
Mental health in older adults	Zegarra (2022)	Psychological impact of the COVID-19 pandemic on older adults in a geriatric center.	The pandemic generated high levels of depression and distress.
	Cristiana & Sánchez (2021)	Quality of life in public residential centers in Colombia.	Policies are needed to improve institutional well-being.
	Morán (2022)	Inclusive design of geriatric residences.	Accessible design reinforces personal autonomy.
Design of residential environments	Segura & Cardona (2023)	Design of senior-friendly residential environments.	Adaptive spaces promote independence.
	Bustamante (2023)	Review of geriatric care and conditions in residences.	Comprehensive and humane care is key to well-being.

As observed, Table 1 provides a clear summary of the most relevant findings, organizing the articles based on key factors influencing quality of life in public residential centers. Notable among these factors are environmental design, social support, quality of health services, resilience, and therapeutic interventions, all essential for enhancing the experience and well-being of residents.

## Discussion

The results of this systematic review allow for a deeper understanding of the multiple dimensions that shape the quality of life of institutionalized older adults. First, it reaffirms that this concept cannot be approached from a unidimensional perspective, as it encompasses physical, emotional, social, and contextual aspects that are interrelated. As noted by Ávila et al. (2020), García Alarcón et al. (2021), and Alonso Palacios et al. (2023), factors such as progressive functional decline, family isolation, and economic precariousness significantly impact the well-being of this population. Furthermore, the cultural component and social roles highlighted by Piña et al. (2022) also influence the perception of well-being in old age.

A consistent theme in the reviewed studies is the comparison between older adults living in institutions and those remaining in their community settings. Although Picazo (2020) does not identify conclusive differences in the overall assessment of quality of life, it does highlight higher levels of dependency and depressive symptoms among institutionalized individuals. Similarly, Ávila et al. (2020) report a better self-perception of well-being among those residing outside long-term care facilities, suggesting that the residential context requires specific interventions aimed at preserving the autonomy and mental health of its inhabitants.

Regarding actions directed at this population, various authors agree on the importance of programs focused on active aging. Proaño & Navarrete (2025) argue that these initiatives benefit both the physical and emotional dimensions of well-being, while Alvarado & Alvarado (2024) emphasize the need for a comprehensive approach based on health promotion and prevention. Aguiar & Salmazo da Silva (2022) underline the fundamental role of primary care services, especially concerning staff training and the active involvement of older adults in health-related decisions.

Another critical factor emerging from the literature is the infrastructure and management of care centers. Guerra-Martín & Ramírez (2020) report deficiencies in care services, while the Defensoría del Pueblo (2023) evidences significant limitations regarding equipment, qualified personnel, and access to basic services in public residences in Peru. In contrast, proposals by Morán (2022) and Bustamante et al. (2023) advocate for the

La Serna, P., Araujo, S., Acevedo, M., & Cabezas, N. (2026). Quality of life of older adults in public residential care centers: A systematic review of evidence from 2020 to 2024. *Revista InveCom*, 6(1). 1-9. <https://zenodo.org/records/15460299>

implementation of inclusive designs, welcoming spaces, and person-centered care. Segura Cardona et al. (2023) reinforce this perspective by highlighting the urgency of creating residential environments that promote functional independence and resident satisfaction.

Beyond these general dimensions, specific variables affecting quality of life in institutional contexts were also identified. Liu et al. (2023) document the impact of geographic factors, such as altitude, on the overall health of older adults. Studies by Esteve & Zueras (2021) highlight the role of family structure in social protection, while Aguilar & Carballo-Alfaro (2023) link social support to higher levels of life satisfaction. Psychologically, Brasero-Rodríguez et al. (2024) emphasize resilience as a key mediating factor in the retirement experience.

Additionally, successful experiences derived from community programs and interventions were identified. Wen et al. (2021) demonstrate the positive impact of these initiatives on the health and well-being of institutionalized individuals, while Regato-Pajares et al. (2023) stress the need for coordination between primary care and residences, especially in crisis contexts such as the pandemic.

In this regard, the psychological dimension becomes notably significant. Pisfil (2023) and Zegarra (2022) report on the deterioration of mental health in older adults during confinement, with a high prevalence of depressive symptoms, stress, and anxiety. Cristiana & Sánchez (2021) highlight the urgency of implementing active aging and social well-being policies in public residences in Colombia.

Overall, these findings support the necessity of addressing the quality of life in residential centers from a comprehensive perspective that considers the interplay between infrastructure, services, support networks, and person-centered care strategies.

## Conclusions

The reviewed data allow us to conclude that the quality of life of older adults in public residential centers largely depends on the interaction between material conditions, social support, and each individual's personal characteristics. In particular, access to infrastructures designed under biophilic criteria, sustainable technologies, and adapted spaces positively influences the physical, mental, and cognitive well-being of residents, underscoring the need to rethink the architectural design of these environments.

Likewise, emotional support, interpersonal relationships, and individual resilience emerge as fundamental elements in the subjective perception of well-being. The absence of these factors, especially in contexts of prolonged institutionalization, may intensify feelings of loneliness and contribute to psychological deterioration.

Moreover, significant inequalities were identified between regions, particularly in Latin America, where budgetary constraints and gaps in the implementation of public policies hinder the guarantee of minimum quality conditions. In this sense, it is urgent to reconsider social investment and strengthen comprehensive strategies that promote equity in access to services.

On the other hand, the value of non-pharmacological alternative interventions, such as music therapy and other complementary therapies, was evident, as they have been shown to improve both the emotional state and physical mobility of older adults. Incorporating these practices into geriatric programs can be key to developing a truly holistic approach to care.

Despite advances in studying this phenomenon, there remains a notable scarcity of research that systematically and comprehensively addresses the multiple factors influencing quality of life in residential contexts. Therefore, it is essential to promote new research with rigorous designs that guide the improvement of policies and institutional practices.

In conclusion, this study affirms that well-being in public residential centers is determined by a complex network of personal, social, and structural factors. The implementation of effective policies, the creation of adapted environments, the development of innovative care programs, and the strengthening of support networks are fundamental elements to ensure a dignified and high-quality aging experience.

## References

- Aguilar, R. S., & Salmazo da Silva, H. (2022). Calidad de la atención a la salud de las personas mayores en la atención primaria: una revisión integradora. *Enfermería Global*, 21(65). <https://doi.org/10.6018/eglobal.444591>
- Aguilar Fernández, E., & Carballo-Alfaro, A. M. (2023). Factores asociados a la satisfacción con la vida en personas adultas mayores de Costa Rica. *Población y Salud en Mesoamérica*, 21(1). <https://doi.org/10.15517/psm.v21i1.53808>
- Alonso Palacios, L. M., Cigarroa, I., Gómez Méndez, P., Ariza Galindo, C., Rago Acevedo, M., Madariaga Estupiñan, M., Manjarres Alvarado, M., Ramos Juliao, I., Solano Gómez, S., & Leiva-Manzor, G. (2023). La Serna, P., Araujo, S., Acevedo, M., & Cabezas, N. (2026). Quality of life of older adults in public residential care centers: A systematic review of evidence from 2020 to 2024. *Revista InveCom*, 6(1). 1-9. <https://zenodo.org/records/15460299>

- Perfil de los adultos mayores institucionalizados en relación de las variables biopsicosociales y clínicas en América Latina. *Gaceta Médica Boliviana*, 46(2), 20–27. <https://doi.org/10.47993/gmb.v46i2.605>
- Alvarado Villamar, E. V., & Alvarado Villamar, H. S. (2024). Envejecimiento activo y calidad de vida: una revisión bibliográfica. *Centro Sur*, 8(2). <https://doi.org/10.37955/cs.v8i2.349>
- Ávila, A., Errázuriz, M. P., Holloway, I., Ibáñez, A., & Zúñiga, J. (2020). Calidad de vida de adultos mayores que residen en establecimientos de larga estadía. *Confluencia*, 3(2), 96–101. <https://revistas.udd.cl/index.php/confluencia/article/view/470>
- Brasero-Rodríguez, E., Rueda-Extremera, M., & Cantero-García, M. (2024). Análisis de las relaciones entre las variables de calidad de vida, resiliencia y satisfacción vital en personas jubiladas. *Revista de Envejecimiento y Longevidad*, 4(3), 252–263. <https://doi.org/10.3390/jal4030018>
- Bustamante Espinoza, L. K., Ochoa Maldonado, K. M., Yamasqui Padilla, J. I., & Rodríguez Pañora, P. E. (2023). Atención en el cuidado del adulto mayor residente en centros gerontológicos: una revisión sistemática. *Pro Sciences: Revista de Producción, Ciencias e Investigación*, 7(47), 254–272. <https://doi.org/10.29018/issn.2588-1000vol7iss47.2023pp254-272>
- Cristiana, A., & Sánchez Muñetón, A. (2021). *Calidad de vida en centros residenciales públicos: estudio en Colombia* [Trabajo de Grado, Universidad Antonio Nariño]. <http://repositorio.uan.edu.co/bitstream/123456789/4895/2/2021CristianaAndresSanchezMu%C3%B1eton.pdf>
- Defensoría del Pueblo (2023). *Informe Especial N.º 12-2023-DP-DMNPT: Condiciones de las personas adultas mayores residentes en centros de atención residencial de Lima y Callao*. <https://www.defensoria.gob.pe/wp-content/uploads/2023/09/Informe-Especial-N%C2%B0-12-2023-DP-DMNPT-Versio%CC%81n-Final-14-09-2023.pdf>
- Esteve, A., & Zueras, P. (2021). La estructura de los hogares de las personas mayores en América Latina y el Caribe. *Revista Panamericana de Salud Pública*, 45, e115. <https://doi.org/10.26633/RPSP.2021.115>
- García Alarcón, I. K., Pico Díaz, E. X., & Paccha Tamay, C. L. (2021). Calidad de vida del adulto mayor en el primer nivel de atención. *Polo del Conocimiento*, 6(7), 1186–1199. <https://polodelconocimiento.com/ojs/index.php/es>
- Guerra-Martín, M. D., & Ramírez Fernández-Pro, M. I. (2020). Calidad asistencial en la atención prestada a los ancianos en los centros residenciales. *Gerokomos*, 31(4), 232–238. <https://doi.org/10.4321/s1134-928x2020000500007>
- Liu, S., Wang, F., Sha-Sha, S., Cai, H., Ng, C. H., Yuanfeng, Y., & Xiang, Y. T. (2023). Comparación de la calidad de vida entre adultos mayores que viven en zonas de alta y baja altitud. *Frontiers in Public Health*, 11, 1184967. <https://doi.org/10.3389/fpubh.2023.1184967>
- Morán Ciudad, M. A. (2022). Diseño inclusivo en residencias geriátricas. *Limaq*, 10(010), 107–128. <https://doi.org/10.26439/limaq2022.n010.5259>
- Picazo Martínez, A. (2020). *Diferencias en la percepción de la calidad de vida de ancianos institucionalizados y no institucionalizados* [Trabajo de Fin de Grado, Universidad de Alicante]. <http://hdl.handle.net/10045/107182>
- Piña Morán, M., Olivo Viana, M. G., Martínez Matamala, C., Poblete Troncoso, M., & Guerra Guerrero, V. (2022). Envejecimiento, calidad de vida y salud: desafíos para los roles sociales de las personas mayores. *Rumbos TS*, 17(28). <https://doi.org/10.51188/rrts.num28.642>
- Pisfil Azabache, D. N. (2023). *Impacto del confinamiento social en la salud mental del adulto mayor del centro de salud de Monsefú, 2022* [Tesis de Licenciatura, Universidad Señor de Sipán]. <https://repositorio.uss.edu.pe/bitstream/handle/20.500.12802/12026/Pisfil%20Azabache%2C%20Diana%20Nicole.pdf?sequence=12&isAllowed=y>
- Proaño Vera, A. V., & Navarrete Cusme, G. E. (2025). El programa del adulto mayor y la calidad de vida en los usuarios del Centro Gerontológico de la Fundación Bahía de Caráquez. *Revista ULEAM Bahía Magazine (UBM)*, 6(10), 86–91. <https://dialnet.unirioja.es/servlet/articulo?codigo=9946149>
- Regato-Pajares, P., Villacañas-Novillo, E., López-Higuera, M. J., & Acosta-Benito, M. Á. (2023). Atención primaria y personas mayores en las residencias: propuestas de mejora tras la experiencia durante la pandemia. *Revista Clínica de Medicina de Familia*, 16(1). <https://doi.org/10.55783/rcmf.160105>
- Segura Cardona, A., Cardona Arango, D., Segura Cardona, Á., Robledo Marín, C., & Muñoz Rodríguez, D. (2023). Ambientes residenciales amigables que generen autonomía en las personas mayores. *Revista Internacional de Investigación Ambiental y Salud Pública*, 20(1), 409. <https://doi.org/10.3390/ijerph20010409>

- Wen, Y., Zhang, L., & Shi, J. (2021). Impacto de los programas comunitarios en el bienestar de las personas mayores institucionalizadas. *Geriatría y Gerontología Internacional*, 21(3), 229–236. <https://doi.org/10.1111/ggi.14042>
- Zegarra Soto, A. C. (2022). Impacto psicológico en adultos mayores que residen en un centro geriátrico en Trujillo, durante la emergencia sanitaria de COVID-19, 2022. *Cuidado y Salud Pública*, 2(1), 64–69. <https://www.cuidadoysaludpublica.org.pe/index.php/cuidadoysaludpublica/article/view/44>