REVISTA INVECOM
ISSN en línea: 2739-0063

The role of the social worker in the well-being of older adults

El rol del trabajador social en el bienestar de adultos mayores

Received: 25/05/2026 - **Accepted:** 28/07/2026

Nancy Beatriz Pallo Pilalumbo
https://orcid.org/0009-0002-3910-2437
nancy.pallo3133@utc.edu.ec
Universidad Técnica de Cotopaxi. Latacunga - Ecuador

Jenny Alexandra Pino Vela
https://orcid.org/0009-0002-5104-5981
jenny.pino3095@utc.edu.ec
Universidad Técnica de Cotopaxi. Latacunga - Ecuador

Abstract

This study analyzed the role of social workers in promoting the social well-being of older adults in rural Andean communities in Zumbahua Parish, Ecuador. The research was conducted using a qualitative approach, with a descriptive scope and a non-experimental field design. Ten older adults enrolled in the home visitation program of the Ministry of Economic and Social Inclusion were selected through purposive sampling. Data were collected through semi-structured interviews and analyzed using grounded theory. The findings reveal that social workers' interventions contribute positively to the emotional, relational, and community well-being of older adults, particularly through companionship, guidance, and recreational activities. Furthermore, home visits were identified as the primary care strategy in geographically dispersed rural areas, although limitations related to territorial coverage and frequency of service provision persist. Different levels of vulnerability were also observed, depending on the strength of family and community support networks. The study concludes that strengthening home visitation services and incorporating intercultural approaches are essential for promoting dignified aging and ensuring the exercise of rights in rural Andean contexts.

Keywords: gerontological social work, social well-being, indigenous older adults.

Resumen

El artículo analiza el rol del trabajador social en la promoción del bienestar social de los adultos mayores en la parroquia Zumbahua (cantón Pujilí, provincia de Cotopaxi, Ecuador), un contexto rural andino caracterizado por condiciones de vulnerabilidad social y dispersión geográfica. Desde un paradigma interpretativo con enfoque cualitativo y alcance descriptivo, se empleó la Teoría Fundamentada como método de investigación y la entrevista semiestructurada como instrumento para recolectar información. Participaron diez adultos mayores adscritos al programa, seleccionados mediante muestreo intencional. El análisis de la información se realizó con el programa Atlas.ti, mediante procesos de codificación abierta, axial y selectiva, que permitieron construir seis categorías analíticas y códigos emergentes. La categoría central identificada fue la necesidad de fortalecer las visitas domiciliarias frecuentes, presente en la totalidad de los casos, evidenciando su importancia como estrategia prioritaria de intervención en territorios rurales dispersos. Los hallazgos muestran que la intervención profesional contribuye positivamente al bienestar social de los adultos mayores de forma educativa, relacional, recreativa y emocional; sin embargo, persisten brechas significativas en la cobertura territorial y en la frecuencia de atención a comunidades alejadas. Se identificaron tres perfiles de vulnerabilidad según la configuración de las redes de apoyo familiar y se constató que el contexto sociocultural andino constituye un recurso de bienestar social aún subutilizado por la intervención profesional. Se concluye que el fortalecimiento de las visitas domiciliarias y la incorporación de estrategias interculturales son fundamentales para promover un envejecimiento digno y el ejercicio efectivo de derechos en la ruralidad andina ecuatoriana.

Palabras clave: trabajo social gerontológico, bienestar social, adultos mayores indígenas.

Introduction

Population aging is a reality whose impact grows more pronounced worldwide with each passing year. In the twenty-first century, the rising number of older adults poses a challenge for welfare, health, and social protection systems (Liu & Wang, 2025). This group also faces problems such as progressive functional decline, social isolation, and economic precarity, conditions that worsen under particular sociocultural and territorial circumstances and that bear directly on their well-being and quality of life (Rubio-Valdehita et al., 2025; Organización Mundial de la Salud [OMS], 2025).

Aging, accordingly, is a process that entails biological, cognitive, emotional, and social changes, all of them shaped by the environment in which each person lives. Factors such as social inequality, unequal access to basic services, and the absence of support networks determine how this stage of life is subjectively experienced (Díaz-García et al., 2025; Gruss et al., 2026). For this reason, it is important to promote multidimensional interventions that move beyond a purely clinical-assistance approach to prioritize self-care, the exercise of rights, and the comprehensive well-being of older adults (Solórzano et al., 2023).

Within this context, social work plays an important role in promoting older adults' well-being through professional guidance, rights advocacy, and technical support oriented toward autonomy (Tanner et al., 2025). This is especially true in communities marked by higher levels of vulnerability, where the professional acts as a critical link between the population's needs and institutional provision, driving a process of social inclusion grounded in a human rights approach (Secaira & Mena Tovar, 2022; Kopasz et al., 2024).

According to the OMS (2025), roughly 12% of the world's population is 60 or older, a figure projected to reach 22% by 2050. This growth poses a considerable challenge for countries whose social protection systems remain limited, given that an estimated two-thirds of these older adults will live in countries with fragmented social security systems. This process unfolds unevenly across Latin America and the Caribbean; in Ecuador specifically, 1,520,590 older adults, representing 9% of the population, face conditions of vulnerability such as loneliness (18.2%), multidimensional poverty, and family abandonment (Rosa & Frutos, 2022; Organización Panamericana de la Salud [OPS], 2024; Instituto Nacional de Estadística y Censos [INEC], 2024).

In the rural parish of Zumbahua, located in Pujilí canton, Cotopaxi province, 1,137 older adults reside there, representing 9.5% of a total population of 11,895. This group faces critical gaps, as only 52.42% receive transfers from the Ministry of Economic and Social Inclusion (MIES). This situation is shaped by high-Andean geographic dispersion and limited access to basic services in a province where 43.2% of the population lives in multidimensional poverty (Gobierno Autónomo Descentralizado Parroquial Rural de Zumbahua [GADPR], 2024; INEC, 2024; Observatorio de Conflictividad Territorial del Ecuador [OCTE], 2024). Despite theoretical advances in social gerontology, empirical gaps persist regarding the practice of social work in settings where linguistic barriers, the Andean worldview, and geographic isolation reshape care methodologies altogether (Cabrera-García & Ruiz Ordóñez, 2024; Prado et al., 2025; Elices et al., 2024).

This research draws on Bronfenbrenner's ecological model (1979), which makes it possible to analyze older adults' well-being as the systematic outcome of interaction among their immediate surroundings, family, community, macrosocial structures, public policy, and the Andean worldview. From this perspective, the social worker is defined as a critical mediator capable of bridging these levels to promote autonomy through an intercultural lens (Curbelo & Yusta, 2025). The study is accordingly guided by the following question: what is the role of the social worker in promoting the social well-being of older adults in Zumbahua Parish? Its general objective is to analyze social workers' professional performance in fostering the well-being of the older adult population in Zumbahua Parish, with a view toward proposing strategies that improve their quality of life and secure the full exercise of rights within the framework of rural social protection.

Methodology

The research was carried out using a qualitative approach with a descriptive scope. A qualitative approach allows for an in-depth understanding of the experiences and perceptions participants construct around their social reality (Vasilachis de Gialdino, 2006; Arbulu, 2023), making it the most suitable choice for studying social phenomena in intercultural settings that resist numerical measurement. A descriptive scope, in turn, makes it possible to characterize the properties and manifestations of the phenomenon without manipulating variables (Marcelino & Moraes, 2024; Haro et al., 2024).

The study adopted a non-experimental field design, since information was gathered directly from participants in their natural living environments through home visits, without intervening in the conditions under study (Manterola et al., 2023; Mendoza Vargas, 2024). Its cross-sectional nature meant that data collection took place within a single period, corresponding to May 2026, ensuring the coherence and comparability of the information gathered (Valladares Guamán et al., 2026).

The population consisted of older adults living in Zumbahua Parish under multiple conditions of social vulnerability, including structural poverty, geographic dispersion, and linguistic barriers. The final sample comprised 10 older adults enrolled in the MIES home visitation program for dependent older adults (VEC), aged between 65 and 80, selected through non-probabilistic purposive sampling (Campbell et al., 2020; Otzen & Manterola, 2017). Twelve participants were initially considered; two were subsequently excluded for not meeting all of the established criteria.

Participants were selected according to previously established inclusion and exclusion criteria. Older adults aged 65 to 80 were included provided they participated in the VEC program, lived permanently in Zumbahua Parish, were able to communicate in Spanish or Kichwa, and gave informed consent to take part in the study. Individuals under 65, those not enrolled in the VEC program or without permanent residence in Zumbahua Parish, and those with cognitive impairment that limited their participation or who withdrew their informed consent were excluded.

The technique used was the semi-structured interview, which combines predefined questions with the flexibility to probe emerging themes and is well suited to sensitive experiences within intercultural settings (Díaz-Bravo et al., 2013). The instrument consisted of a 12-item guide organized into two dimensions: older adults' well-being, adapted qualitatively from the WHOQOL-OLD (OMS, 2006), covering social support, community participation, autonomy, and life satisfaction, and perceptions of the social worker's role, drawn from Tanner et al. (2025) and Elices Acero et al. (2024). The instrument's content validity was established through expert judgment from Universidad Técnica de Cotopaxi, whose evaluators assessed the relevance, clarity, and coherence of each item.

Data collection began with securing access to the VEC program, coordinated at the territorial level. Home visits with informed consent procedures then took place between May 14 and 20, 2026, ensuring confidentiality, anonymity, and voluntary participation (Pérez Campos et al., 2021). Fieldwork incorporated an intercultural approach responsive to the community's sociocultural characteristics: Kichwa was used as a mediating language, and the researcher, herself of Indigenous background, wore traditional dress, which helped build trust and elicit more in-depth accounts. With participants' authorization, interviews were recorded and transcribed verbatim and in full.

Data analysis was conducted through grounded theory, using Atlas.ti (version 23) software to support the organization and systematization of the qualitative data. The process began with open coding, which involved identifying units of meaning; axial coding followed, organizing these units into six thematic categories through semantic networks, and selective coding then centered on identifying the core category (Pérez Ripossio, 2023). Throughout the process, the constant comparison method was applied across interviews to recognize similarities, differences, and relationships among the cases analyzed, complemented by analytic memos. Credibility rests on the triangulation of data obtained from participants with differing sociodemographic characteristics, considering variables such as sex, age, marital status, community, and vulnerability profile, as well as on linking categories to direct quotations. The absence of inter-coder triangulation, typical of single-researcher studies, is noted as a limitation.

Regarding ethical considerations, all participants received clear information about the study's objective and gave informed consent before the interview. Their right to withdraw at any time without consequence was guaranteed (Pérez Campo et al., 2021). Confidentiality and anonymity were protected through alphanumeric codes (E-01 through E-10), and documents were stored on restricted-access devices. Kichwa was used as a medium of communicative mediation, and the worldview of the participating communities was respected, with intercultural research treated as an ethical exercise in reciprocity (Galeano, 2004).

Results and Discussion

The results were organized into six emerging analytical categories, derived from the analysis of 52 codes grouped into their corresponding thematic families using Atlas.ti software: (F1) dimensions of subjective well-being in old age, (F2) social and family support networks; (F3) functional autonomy and dependency in rural aging; (F4) the role and modalities of social work intervention; (F5) social vulnerabilities and institutional gaps; and (F6) the sociocultural context and symbolic resources of aging. Participants' sociodemographic characteristics are described below, followed by the analysis organized by category.

Table 1
Sociodemographic characteristics of the participants (N=10)

Variable	Category	Frequency
Gender	Male	7
	Female	3
Marital status	Married	4
	Widowed	6
Education level	No formal schooling	2
	Incomplete primary	3
	Complete primary	3
	Basic	2

Note: the information presented corresponds to the sociodemographic data obtained during the fieldwork carried out for this study. *Source:* prepared by the authors.

Participants are predominantly male (70%) and widowed (60%), with low levels of schooling, factors that shape vulnerability profiles and heighten dependence on formal and informal support networks. Table 2 summarizes the six analytical categories, their principal codes, and the central findings.

Table 2
Analytical categories, emerging codes, and central findings. Zumbahua Parish, 2026

Analytical category	Principal codes	Central finding
F1 Dimensions of subjective well-being in old age.	DET-SALUD. BIEN-EMO. IDENT-SEN. DET-ECO	Physical decline coexists with emotional well-being when the family support network remains active. A sense of self-worth is sustained through community participation.
F2 Social and family support networks.	RED-FAM. RED-CONY. RED-NIET. RED-VEC. APOYO-ECON. ABAN-FAM	The family network is the primary source of well-being. Its weakening through migration or abandonment drives a greater demand for institutional presence.
F3 Functional autonomy and dependency in rural aging.	AUTO-PAR. DEP-FIS. DEP-DEC. VULN-MOV. INDEP-VAL	Autonomy is retained in domestic tasks but progressively lost in intensive agricultural labor. Reduced mobility makes home visits the only viable form of care.
F4 Role and modalities of social work intervention.	INT-TS. EDU-SAL. GES-ACCESO. GES-TRAM. ACT-REC. TRATO-DIG. ESC-NEC. CONF-INST. IMPAC-POS	The intervention is viewed favorably across its educational, relational, functional, and recreational dimensions. Dignified treatment is universally valued; the gap identified lies in the frequency and territorial coverage of services.
F5 Social vulnerabilities and institutional gaps.	VULN-AIS. BRECHA-TS. NEC-VIS*. ACC-GEO. VULN-MORT	The central emerging category is the need to strengthen home visits (NEC-VIS), present across all cases and articulated through four subdimensions: frequency,

		territorial coverage, in-visit activities, and differentiated response to reduced mobility.
F6 Sociocultural context and resources for well-being in Andean aging.	CONT-RUR. ROL-SAB. MEM-CULT. FE-BIEN	The Andean-Indigenous context offers its own resources that contribute to older adults' well-being, including the role of the wise elder, cultural memory, and spirituality. These elements, however, have yet to be systematically incorporated into professional practice.

Note: *NEC-VIS refers to the need to strengthen frequent home visits, identified as the central emerging category. S.W. refers to social worker. Source: authors' own elaboration based on the analysis conducted in Atlas.ti.

The results show that older adults' well-being depends not only on their physical condition but also on the support they receive from family, community, and institutions (F1). Family constitutes the primary source of support (F2); however, family migration and instances of abandonment weaken these networks, heightening the need for institutional intervention, consistent with what has been documented by Cárdenas López and Mejía Chávez (2025). Regarding autonomy (F3), participants retain the capacity to carry out everyday domestic tasks, but progressive physical limitations reduce their capacity for agricultural work and mobility, which makes home visits an appropriate response to their needs (Madrigal-León, 2022).

With respect to professional intervention (F4), participants expressed a favorable view, highlighting the dignified treatment received, the guidance provided, and the recreational activities carried out. Among the study's key findings was the importance of active listening (ESC-NEC), valued not only as a professional skill but as something participants perceived as part of the intervention's impact on their health and support. In a context of considerable relational vulnerability, feeling heard carries a value that goes beyond the professional's technical duties and contributes to older adults' well-being (Tanner et al., 2025). The analysis likewise revealed limitations tied to the frequency and coverage of interventions, identified as the central category of the emerging model. The sociocultural context and resources for well-being in Andean aging (F6), for their part, showed that institutional gaps and the territorial coverage difficulties characteristic of dispersed rural communities have limited the incorporation of resources such as the role of the wise elder, spirituality, and cultural memory into professional intervention strategies (Cabrera-García & Ruiz Ordóñez, 2024).

Table 3

Elements of the emerging theoretical model

Components	Principal code
Structural condition	DET-SALUD
Social and functional vulnerability	VULN-AIS / VULN-MOV
Institutional gap	BRECHA-TS / ACC-GEO
Central (axial) category	NEC-VIS*
Professional response	INT-TS
Perceived outcomes	IMPAC-POS / BIEN-EMO
Mediating factors	RED-FAM / CONT-RUR

Note: * NEC-VIS refers to the need to strengthen frequent home visits, the central category of the emerging model. *Source:* authors' own elaboration based on the analysis conducted in Atlas.ti.

Building on the emerging theoretical model, a typology of three vulnerability profiles was constructed based on the configuration of participants' support networks (Table 4). This typology offers a tool for prioritizing professional intervention that current institutional practice does not yet apply systematically.

Table 4
Typology of older adults by support network configuration

Profile	*Cases*	*Vulnerability level*	*Intervention level*
A. Active, present family network	E-01, E-02, E-04, E-07, E-08, E-10	Moderate	Complementary intervention: health education, recreational activities, information management.
B. Partial or weakened network (neighbors as complementary support).	E-03, E-05, E-09	Medium-high	More frequent intervention; attention to sensory decline and reduced mobility that limits social participation.
C. No family network present.	E-06	High	The social worker replaces the family as the primary source of support, requiring a frequency and intensity of intervention qualitatively different from the other profiles.

Note: This typology constitutes an operational tool for prioritizing the intensity and modality of professional intervention.
Source: authors' own elaboration based on the analysis conducted in Atlas.ti.

Profile A groups together 6 cases of older adults with children and/or a nearby spouse who take on active caregiving roles. In these cases, the social worker's intervention complements a functional family network, focusing mainly on health education, recreational activities, and information management regarding available programs. Profile B comprises 3 cases of older adults with a weakened or partially absent family network, in which the community or neighbors play a complementary role. In these situations, professional intervention requires greater frequency, with particular attention to sensory decline and mobility. Profile C corresponds to a single case of higher vulnerability identified in the study: an older adult living alone, without a nearby family network, with children residing abroad, who explicitly expressed a sense of abandonment. In this profile, the social worker takes on the role of primary support, requiring a frequency and intensity of intervention qualitatively different from the other profiles.

These findings align with the contributions of the specialized literature on gerontological social work in Latin American contexts. Participants' positive assessment of the social worker's intervention is consistent with the results of Zárate and Caldera (2021), who highlight the recognition of professional work across different territorial settings. Likewise, the findings confirm that strategies developed from social work are essential to strengthening older adults' well-being and quality of life, in line with what Elices Acero et al. (2024) report, underscoring the professional's role as a mediator within long-term care systems.

The study further contributes three dimensions relevant to understanding the reality of the Ecuadorian Andean context. One is the identification of NEC-VIS as a central category with four operational subdimensions: frequency, territorial coverage, activity typology, and differentiated response to reduced mobility. This structure makes it possible to formulate a plannable intervention model, with direct operational value for MIES in dispersed rural territories.

A further contribution lies in the construction of three vulnerability profiles, defined according to the configuration of family support networks: active, weakened, and absent. This classification offers criteria that facilitate the prioritization of professional interventions, making it possible to distinguish levels of need and guide the planning of actions suited to each case's characteristics.

These results are consistent with what Guerrero Castillo and Blacio Maldonado (2024), as well as Cárdenas López and Mejía Chávez (2025), have proposed, noting that migration and family abandonment heighten conditions of vulnerability. Likewise, the Andean worldview constitutes a resource that fosters well-being and extends beyond the context in which social intervention takes place. Within this framework, recognition of the wise elder's role, cultural memory, and faith strengthen older adults' personal and communal capacity (Cabrera-García & Ruiz Ordoñez, 2024; Madrigal León, 2022).

Active listening, moreover, was one of the aspects older adults highlighted most during the social worker's intervention. This aspect has not been explicitly documented in the literature reviewed for this context. This points to the need to strengthen this competency in the training of social work professionals and to incorporate it as an evaluation criterion within the monitoring systems of the Ministry of Economic and Social Inclusion (MIES), in line with Tanner et al. (2025).

Conclusions

The results obtained support the conclusion that older adults' social well-being in Zumbahua Parish is shaped by multiple interacting factors. The interviews showed that, beyond health status, participants placed particular importance on family support, emotional companionship, community participation, and recognition of their customs and way of life. These findings demonstrate that well-being in old age reflects the interaction of personal, family, community, and sociocultural dimensions, confirming the need to understand aging from an integral, ecological perspective.

The social worker was found to play an important role in promoting comprehensive well-being through home visits, guidance, health education, and companionship. Participants' accounts reflect that empathy, active listening, and respectful treatment strengthen institutional trust, helping to ease loneliness and isolation, consistent with Tanner et al. (2025). It was also evident that the frequency of home visits and the coverage of care remain insufficient to meet the needs of the most remote rural communities, making it necessary to expand professional presence and the actions carried out by the Ministry of Economic and Social Inclusion (MIES), in line with Prado et al. (2025).

The study likewise underscores the importance of incorporating native Andean resources into professional intervention, such as ancestral traditions, spirituality, and the role of the wise elder, since integrating these elements fosters intercultural care that recognizes older adults as rights-holders, bearers of knowledge, and protagonists of their own aging. Future research should incorporate inter-coder triangulation, extend the sample to other rural Andean parishes, and integrate the perspectives of social workers and MIES authorities themselves, in order to help shape aging policies that are more equitable, culturally relevant, and territorially inclusive across rural Ecuador.

References

Arbulu, C. (2023). Definición de investigación cualitativa. *ResearchGate*. https://doi.org/10.13140/RG.2.2.18316.90242

Bronfenbrenner, U. (1979). The ecology of human development: Experiments by nature and design. *Harvard University Press.* https://khoerulanwarbk.wordpress.com/wp-content/uploads/2015/08/urie_bronfenbrenner_the_ecology_of_human_developbokos-z1.pdf

Cabrera-García, D., & Ruiz, R. (2024). Envejecimiento positivo: Trabajo social para mejorar la calidad de vida en Abuelandia, Cuenca, Ecuador. *Revista Científica y Arbitrada de Ciencias Sociales y Trabajo Social Tejedora, 7*(15). https://doi.org/10.56124/tj.v7i15ep.021

Campbell, S., Greenwood, M., & Walker, K. (2020). Purposive sampling: Complex or simple? Research case examples. *Journal of Research in Nursing, 28*(8), 652–661. https://doi.org/10.1177/1744987120927206

Cárdenas, A., & Mejía, E. (2025). Los derechos y la atención prioritaria y especializada de las personas adultas mayores en condición de abandono por la migración. *DATEH, 7*(1). https://investigacion.utc.edu.ec/index.php/dateh/article/download/1052/1542

Curbelo, E., & Yusta, R. (2025). Los modelos de intervención en trabajo social. *Repositorio Comillas, 117*. http://hdl.handle.net/11531/99905

Díaz-Bravo, L., Torruco-García, U., Martínez-Hernández, M., & Varela-Ruiz, M. (2013). La entrevista, recurso flexible y dinámico. *Investigación en Educación Médica, 2*(7), 162–167. https://doi.org/10.1016/S2007-5057(13)72706-6

Díaz-García, L., Chávez-Oliveros, M., & Flores-Lázaro, J. (2025). Efecto del envejecimiento sobre el contenido motor en la fluidez de verbos. *Revista Española de Geriatría y Gerontología, 60*(6). https://doi.org/10.1016/j.regg.2025.101700

Elices, Á., Prieto-Lobato, J., & Rodríguez-Sumaza, C. (2024). The role of social workers in long-term care for older adults: A mixed-methods systematic review in Europe and North America from 2000 to 2022. *International Social Work, 68*(1). https://doi.org/10.1177/00208728241269670

Galeano, M. (2004). *Diseño de proyectos en investigación cualitativa*. *Fondo Editorial Universidad EAFIT.* *https://luisdoubrontg.school.blog/wp-content/uploads/2022/06/galeano-diseno-de-investigacion-cualitativa.pdf*

Gobierno Autónomo Descentralizado Parroquial Rural de Zumbahua. (2024). *Plan de desarrollo y ordenamiento territorial 2024–2028.GADPR Zumbahua.* https://es.scribd.com/document/1046588502/Actualizacion-Pdot-2024-2028

Gruss, B., Huang, E., Lagerborg, A., Noureldin, D., & Ozhan, G. (2026). Are older adults healthier than before? Global evidence on healthy aging. *The Journal of the Economics of Ageing, 34*. https://doi.org/10.1016/j.jeoa.2026.100638

Guerrero, G., & Blacio, K. (2024). Intervención del trabajador social en el abandono familiar a los adultos mayores del cantón Palanda. *Revista Científica y Arbitrada de Ciencias Sociales y Trabajo Social Tejedora, 7*(16), 146–164. https://doi.org/10.56124/tj.v7i15ep.009

Haro, A., Chisag, E., Ruiz, J., & Caicedo, J. (2024). Tipos y clasificación de las investigaciones. *LATAM Revista Latinoamericana de Ciencias Sociales y Humanidades, 5*(2), 956–966. https://www.researchgate.net/publication/379645804_Tipos_y_clasificacion_de_las_investigaciones_Types_and_classification_of_investigations

Instituto Nacional de Estadística y Censos. (2024). *Desafíos y oportunidades para el Ecuador ante el envejecimiento poblacional. INEC.* https://www.ecuadorencifras.gob.ec/institucional/desafios-y-oportunidades-para-el-ecuador-ante-el-envejecimiento-poblacional-inec-destaca-datos-claves-en-el-dia-mundial-de-la-poblacion/

Kopasz, M., Bartus, T., & Husz, I. (2024). The role of family's ethnicity and correlates in social workers' risk perceptions: Evidence from a vignette suty in Hungary . *Children and Youth Services Review, 166*, Artículo 107950. https://doi.org/10.1016/j.childyouth.2024.107950

Liu, J., & Wang, B. (2025). Systematic review of smart elderly care in digital environments: Toward sustainable wellbeing for older adults. *Sustainability, 17*(24), Artículo 11357. https://doi.org/10.3390/su172411357

Madrigal-León, D. (2022). Envejecimiento en espacios rurales. Expresiones de vulnerabilidad social en entornos comunitarios del oriente de Cuba. *Papeles de Población, 28*(113), 97–124. https://www.scielo.org.mx/pdf/pp/v28n113/2448-7147-pp-28-113-97.pdf

Manterola, C., Hernández-Leal, M., Otzen, T., Espinosa, M., & Grande, L. (2023). Estudios de corte transversal. Un diseño de investigación a considerar en ciencias morfológicas. *International Journal of Morphology, 41*(1), 146–155. https://doi.org/10.4067/S0717-95022023000100146

Marcelino, K., & Moraes, M. (2024). Pesquisa qualitativa como proposta metodológica para os estudos com enfoque decolonial. Saber Humano: *Revista Científica da Faculdade Antonio Meneghetti,* 14(25), 96–112. https://doi.org/10.18815/sh.v14i25.708

Mena, M., & Secaira, M. (2022). Mejora del bienestar integral de un grupo de adultos mayores mediante la implementación del programa "Mis Años Dorados". U-MORES, 1(3). https://doi.org/10.35290/ru.v1n3.2022.765

Mendoza, H. (2024). Comprender la investigación de campo. Una guía práctica para diseñadores de información. *Investigaciones Geográficas*, (114). https://doi.org/10.14350/rig.60930

Observatorio de Conflictividad Territorial del Ecuador. (2024). Informe de vulneraciones de derechos humanos en Ecuador. https://conflictividadterritorial.org/wp-content/uploads/2025/12/PARA-WEB-Informe-Vulneracion-Derechos-Humanos_compressed.pdf

Organización Mundial de la Salud. (2025). *Envejecimiento y salud*. *OMS*. https://www.who.int/es/news-room/fact-sheets/detail/ageing-and-health

Organización Mundial de la Salud. (2006). *WHOQOL-OLD. OMS*. https://www.who.int/tools/whoqol/whoqol-bref

Organización Panamericana de la Salud. (2024). *Impacto de la COVID-19 en la esperanza de vida saludable de los adultos mayores en la región de las Américas. OPS.* https://www.paho.org/es/noticias/21-8-2024-impacto-covid-19-esperanza-vida-saludable-adultos-mayores-region-americas

Otzen, T., & Manterola, C. (2017). Técnicas de muestreo sobre una población a estudio. *International Journal of Morphology, 35*(1), 227–232. https://doi.org/10.4067/S0717-95022017000100037

Pérez, G., Cuevas, A., Saucedo, C., Alarcón, I., Campos, M., Suárez, P., Bartolo, K., & Canto, C. (2021). Dilemas en torno al uso del consentimiento informado en investigación cualitativa. *Revista Electrónica de Psicología Iztacala, 24*(2), 589–621. https://www.medigraphic.com/pdfs/epsicologia/epi-2021/epi212h.pdf

Pérez, R. (2023). El análisis cualitativo con ATLAS.ti 22 en ciencias sociales: Nuevas herramientas y aplicaciones concretas. *Perspectivas Metodológicas, 23*(27), 1–10. https://doi.org/10.18294/pm.2023.4324

Prado, C., López, M., Cavallo, A., García, M., Ortiz, F., Serna, J., Caruso, D., Irazola, V. (2025). El desafío del envejecimiento saludable: Brechas entre las necesidades de las personas mayores y las políticas implementadas en Argentina. *Revista Española de Geriatría y Gerontología, 60*(2). https://doi.org/10.1016/j.regg.2024.101583

Rosa, J., & Frutos, E. (2022). Ciencia de datos en salud: Desafíos y oportunidades en América Latina. *Revista Médica Clínica Las Condes, 33*, 591–597. https://doi.org/10.1016/j.rmclc.2022.09.007

Rubio-Valdehita, S., López-Higes, R., Rodrigues, P., & Fernandes, S. (2025). Aging and work. *Frontiers in Psychology, 16*, Artículo 1673010. https://doi.org/10.3389/fpsyg.2025.1673010

Solórzano, L., Quiroz, Z., & Gutiérrez, S. (2023). Adulto mayor: una revisión de su asociación entre autocuidado y calidad de vida. *Revista Torreón Universitario, 12*(34). https://portal.amelica.org/ameli/journal/387/3874012007/

Tanner, D., Willis, P., Beedell, P., Nosowska, G., Milne, A., Nelson-Becker, H., & Perry, E. (2025). 'Being that hopeful person': The contribution of social workers to older people's well-being. *British Journal of Social Work, 55*(6), 2917–2936. https://doi.org/10.1093/bjsw/bcaf080

Valladares, C., Toapanta, V., Grandes, N., & Chalá, J. (2026). Manual básico de investigación no experimental Transversal: Un enfoque académico. *Código Científico Revista de Investigación, 7*(L2), 1–67. https://doi.org/10.55813/gaea/ccri/v7/nL2/1265

Vasilachis de Gialdino, I. (Coord.). (2006). *Estrategias de investigación cualitativa*. Gedisa. https://entremetodos.wordpress.com/wp-content/uploads/2021/01/vasilachis-de-gialdino-i.-2006-la-investigacion-cualitativa-1.pdf

Zárate, L., & Caldera, D. (2021). Inclusión laboral y calidad de vida del adulto mayor. Un estudio hermenéutico en Guanajuato, México. *Religación. Revista de Ciencias Sociales y Humanidades, 6*(28). https://doi.org/10.46652/rgn.v6i28.788