



ICCAUA Proceedings Journal

Proceedings of the international conference of contemporary affairs in architecture and urbanism-ICCAUA
Volume 9 (December 2026), 2610395

ICCAUA
Proceedings *Journal*
<https://journal.iccaua.com/>

Journal homepage: <https://journal.iccaua.com/>

DOI: <https://doi.org/10.38027/ICCAUA2026EN0395>

Design for Dignified Aging: A Care-centered Retirement Community Model in La Paz, México

* ¹ Sindy Melissa Godínez De León, ² Kenia Jaqueline Cruz Castro, ³ Alejandra Sofia Robles Garza
^{1, 2, & 3} Department of Architecture, School of Architecture, University of Monterrey, México.

¹ E-mail: sindy.godinez@udem.edu, ² E-mail: kenia.cruz@udem.edu, ³ E-mail: alejandra.roblesg@udem.edu

Abstract

Received: 26.04.2026
Revised: 27.06.2026
Accepted: 01.07.2026
Available online: 10.07.2026

Copyright © 2026 by the author(s).
All rights reserved.

This article is published under an open-access model and is made available in accordance with the terms of the Creative Commons Attribution 4.0 International Licence (CC BY).



The publisher maintains a neutral stance concerning jurisdictional claims in published maps and institutional affiliations.

This article has been selected and peer-reviewed for publication in this journal as part of the 9th International Conference of Contemporary Affairs in Architecture and Urbanism, held on 7–8 May 2026 in Istanbul, Türkiye.

Both in México and globally, life expectancy has increased thanks to medical advances and the control and treatment of chronic diseases. However, this fact has also impacted the spaces dedicated to aging, where the lives of older adults can be dignified. This research thoroughly examines the situation of older adults in northwestern México and reveals a gap in specialized care services for the senior population. The research team conducted the study in La Paz, Baja California Sur. It developed a master plan for a retirement community for residents, adopting the Continuing Care Retirement Community model that prioritizes the care and monitoring of older adults through comprehensive assistance. The intervention focuses on the residential area and aims to reduce inequalities through design, taking users' levels of autonomy into account. The proposal focuses on gerontological theories of inclusion that allow for the creation of community through an architecture of care for aging women.

Keywords: Continuing Care Retirement Community; Dignified Aging; Care-centered Architecture; Gerontological Inclusion; Community in Older Adulthood.

1. Introduction

Population aging is a growing global trend. According to the World Health Organization (2024), by 2030, one in six people worldwide will be 60 years old or older. This trend implies an increase in the proportion of older adults within the global population. In México, this phenomenon is progressing at a particularly rapid pace. The National Population Council (2025) reports that this age group accounts for 12% of the population, totaling 17.1 million older adults. Furthermore, contemporary family dynamics have weakened the family support network (ENASEM, 2018), underscoring the need for housing and care alternatives outside private Mexican homes.

However, the existing infrastructure for elder care in México is scarce, unevenly distributed nationwide, and largely relies on traditional models with significant limitations, thereby affecting residents' quality of life. Studies conducted in the country show limitations in accessibility and furnishings (Rosas et al., 2021). Similarly, there is a lack of specialized personnel in geriatrics, psychology, and rehabilitation, which prevents adequate attention to residents' needs (Hernández, 2006). These conditions directly affect users' quality of life and demonstrate the inadequacy of the current model.

The problem in Baja California Sur is obvious, where 9.7% of the population are older adults, 52% of whom are women (INEGI, 2020). In La Paz, the capital, the only private nursing home has a maximum capacity of 80 residents but currently houses only 36. This restriction is due to the high level of equipment and staffing required by the current residents, which clearly illustrates the limitation of the care infrastructure mentioned earlier. In addition to these shortcomings, a phenomenon that is often overlooked is the feminization of aging. Women have a longer life expectancy than men – six out of ten older adults in México (INAPAM, 2021) –. However, they also face a higher incidence of widowhood, social isolation, economic hardship, and chronic illnesses in this stage of life (NMUJERES, 2020). These conditions, coupled with the inequalities accumulated throughout their lives, create distinct spatial and programmatic needs that Mexican architecture has not addressed.

This research proposes rethinking traditional models of elder care by introducing the Continuous Care Retirement Community (CCRC) model, focused on older women, to provide a comprehensive solution for aging while maintaining the greatest possible degree of autonomy over time. The innovative aspect of this proposal lies in articulating this model with two complementary approaches that are relatively unexplored in Mexican architecture. First, it incorporates a gender perspective into architectural design, challenging androcentric planning with proposals for accessible, safe, and equitable spaces for users. Second, feminist gerontology offers a critical framework for understanding the inequalities accumulated in women's old age and, at the same time, highlighting their strengths for positive aging.

Contemporary literature has consolidated the CCRC model from Anglo-Saxon and European contexts, which posits that the built environment influences the physical, cognitive, and emotional well-being of its users. In parallel, gender studies in architecture have questioned the androcentric nature of spatial production, and feminist gerontology has offered conceptual tools for understanding women's aging from their lived experience. However, these variables have remained disconnected, as CCRC model frameworks fail to incorporate a gender perspective, just as gender studies in architecture rarely address aging. Similarly, neither has been adapted to the arid–desert climate of México. This research addresses this unresolved convergence by proposing a design model that integrates these three variables.

This articulation leads to the research question: How should a Continuous Care Retirement Community (CCRC) for older women in La Paz, Baja California Sur, be architecturally configured to guarantee continuous care and dignified aging? The aim is to propose a Continuous Care Retirement Community in La Paz, Baja California Sur, México, that guarantees continuous care and dignified aging conditions for older women. This question is within broader disciplinary debates on architecture's shift toward care, as well as the critique of institutional space design from a feminist perspective.

While population aging is a phenomenon that extends beyond the architectural sphere, this project is developed at a specific, strategic scale to provide a starting point for addressing the issue and to establish itself as a precedent for retirement communities for older adults in arid-hot climates. The work's contribution lies in two areas. First, in the disciplinary realm, by offering a design model that extends the CCRC model to a climatic and cultural context previously absent from its references. Second, methodologically, by articulating theoretical frameworks that are usually separate into concrete spatial decisions.

This article outlines the research process and design results of the study, with an emphasis on the residential area of the complex, organized around the entire process of translating the theoretical framework into concrete architectural decisions. The first phase of the study consisted of the quantitative and qualitative characterization of the user, which served as the basis for the overall program. The second phase involved the site analysis and its comparison with relevant case studies to address functional, climatic, and social dimensions. The third phase consolidated the conceptual proposal and defined the architectural program. The study concludes with the fourth phase, corresponding to the design development, during which the decisions focus on spatial configuration.

2. Overview

2.1. Continuing Care Retirement Community (CRCC) Model

Traditional nursing home models have shortcomings due to their limited range of care levels. In contrast, the CCRC model offers a comprehensive solution for aging by providing a continuous spectrum of housing and care as users' needs change over time (The American Association of Homes and Services for the Elderly, n.d.). The model is structured around four levels of care. The first level, called independent living, is comprised of active older adults who do not require personal care or ongoing medical assistance, but who seek to remain active and expand their social network (Vinson Hall, 2025).

Secondly, assisted living assists with medication management and daily activities. This service has specialized staff available permanently if needed; however, residents' autonomy is prioritized (Aberdeen Senior Living, 2024). The third level focuses on memory care for residents with cognitive impairments. This system provides a safe and healthy environment to mitigate the challenges associated with these conditions (Aberdeen Senior Living, 2024). It includes activities designed to promote their independence (Brookdale Senior Living, n.d.). Finally, skilled nursing, geared towards individuals requiring rehabilitation or intensive care services, provides staff to provide medical assistance and carry out activities designed to prevent isolation (Vinson Hall, 2025). According to Rea (2021), in México, it is urgent to bring to light the academic and political debate on the creation of a National Care System that considers the population whose human rights have been violated, but especially older women, who accumulate greater disadvantages due to their age, social class, race, ethnicity, gender, disability, dependency, and other factors.

2.2. Mexican legal framework

The Mexican legal framework establishes several provisions that underscore the need to design inclusive and functional environments for older women. First, the Law on the Rights of Older Adults recognizes their right to a dignified and adapted life, as well as to participation in community life. Second, the General Law for the Inclusion of Persons with Disabilities guarantees the right to decent and accessible housing, while imposing the obligation to eliminate physical barriers in architectural spaces. Finally, the General Law on Women's Access to a Life Free of Violence establishes women's right to dignity, equality, and to live free from violence, encompassing the eradication of institutional and community violence (Chamber of Deputies of the H. Congress of the Union, 2024,2026).

2.3. Gender perspective and feminist gerontology

The pursuit of women's rights and gender equality has been a constant struggle throughout the year. According to the National Institute for Women (INMUJERES, 2025), feminism is a movement that aims to raise awareness to transform social relations and eradicate the violence and discrimination experienced by women. Architecture is no exception to this context; Archifarch (2025) points out that gender-sensitive architecture challenges traditional urban and architectural structures conceived from a neutral or androcentric perspective. By designing with this approach, it will be possible to highlight issues such as gender-based violence, insecurity in public spaces, and lack of accessibility.

Gerontology, for its part, emerged as an ally in recognizing the experiences of aging (INAPAM, 2019). It is responsible for studying this life process in its social, psychological, and biological dimensions, promoting a healthy and active lifestyle (University of Navarra Clinic, 2023). Furthermore, feminist gerontology arose from the demand for a new analysis and understanding of the lives of older women, based on questioning traditional perspectives, making women's experiences visible, and promoting positive female aging (Freixas, n.d.). This concept also seeks to counter stereotypes

that portray aging as vulnerability, dependence, and a trajectory toward decline, while focusing on enhancing the capabilities of aging, such as building community networks and rejecting the homogenization of old age (Freixas, 2008; Vadillo, 2019). Lancharo (2018) mentions that the feminist perspective highlights three aspects of care work: its social invisibility, the relationship between care work and gender roles, and its importance for sustaining life. This research aims to propose a community with collective care as its central focus.

2.4. Case studio

In developing this project, the team considered two international case studies. The first was *La Maison des Babayagas*, located in Montrieu, France, with a total built area of 1,400 square meters and a capacity for 25 residents. It is a retirement community designed by and for older women, based on self-management and community living (Dreyer, 2006). The project demonstrates that it is possible to age in a community without resorting to welfare models through an architecture that prioritizes accessibility, flexibility, and shared spaces, thereby maintaining residents' independence and fostering a support network among users (Figure 1).



Figure 1. La Maison des Babayagas and the courtyard where the community gathers. (Le Printemps de l'Hiver, 2026).

The second case study, St. George Village, located in Georgia, USA, has a built area of 74,688.8 square meters and a maximum capacity of 130 residents (Studio 9, 2022). CCRC model, which demonstrates the importance of integrating nature into the program, gradual transitions between interior and exterior spaces, common areas as meeting points, and zoning according to levels of care (see figure 2).



Figure 2. Entrance to St. George Village, where nature is integrated into connections (FindContinuingCare, 2026).

3. Results

The proposal was developed based on the site's bioclimatic analysis, which showed that the climate is predominantly warm, with high summer solar exposure and milder winter radiation, requiring shading and thermal control strategies. The prevailing southwest winds favor natural ventilation, and temperatures reach up to 39 °C in summer and range between 16 and 27 °C in winter (Meteoblue, 2025). See figure 3.



Figure 3. Bioclimatic analysis on the site. Own elaboration.

The lack of residences for dignified aging motivates an architectural proposal focused on housing for women aged 60 and over in La Paz who are separated, divorced, or widowed. The project stems from the need to offer a retirement space that responds to their physical and functional needs, their presence, autonomy, and well-being throughout their later years. Based on this, the proposal is structured around three housing typologies, each linked to a level of the CCRC model. The first corresponds to independent living, for which two housing variants, types A and B, are proposed to avoid homogeneity and introduce diversity into the housing complex; the second corresponds to assisted living, type C; and the third, Type D, corresponds to specialized nursing care. This organization allows residents to transition between levels of care without leaving their living environment. Types are represented in Figure 4.

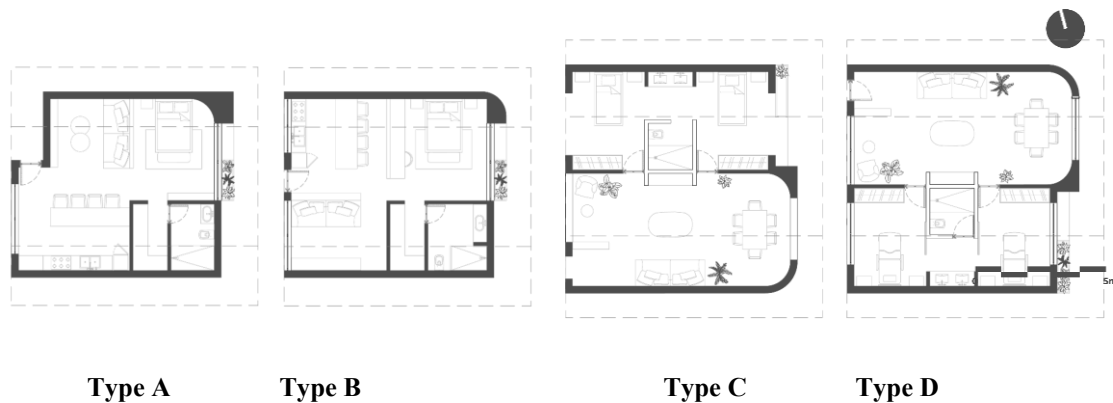


Figure 4. Plant types according to care levels. Own elaboration.

Among the typologies for independent housing, designed to promote daily autonomy, is Type A, which has a surface area of 65.93 square meters and includes a television room, kitchen-dining room, a bedroom with a double bed, a desk-vanity, a full bathroom, and an interior clay lattice that serves as a divider between the social and private areas. Furthermore, the built-in and movable furniture incorporates contrasting colors against the soft walls, aiming to facilitate spatial orientation and interior legibility for residents. See figure 5A. Type B, with a surface area of 62.36 square meters, retains the programmatic basis of Type A. The difference lies in its spatial distribution, which creates an exterior portico through its own volumetric configuration. This arrangement allows for the incorporation of outdoor furniture, such as a chair or rocking chair, and a distinct interior configuration for the kitchen and living room, as shown in Figure 5B. As mentioned previously, the proposed typologies are based on field interviews conducted with both older adults and care personnel and health operators. The author Félix (2012) points out that care professionals must contribute to their fulfillment by identifying, studying, and attending to at-risk groups; therefore, their contribution to community design from daily operations is of utmost importance.



Figure 5. Interior housing proposal. Own elaboration.

Regarding the higher-level care option, both have an area of 84.73. Type C is for assisted living, while Type D is for specialized nursing care. Both share a similar spatial layout: two residents share the living-dining area, and each has two

individual bedrooms and a shared central bathroom. However, each offers different levels of care, allowing for accompaniment, supervision, and continuous care without compromising residents' privacy.

Type C incorporates furniture adapted for a user requiring some level of assistance, so a single bed is planned for the bedrooms. In contrast, Type D includes hospital beds, accessible desks at 90 cms, an accessible dining area, and bathroom furniture with adjustable heights, facilitating its use by wheelchair users. Furthermore, accessibility criteria established by the Universal Accessibility Manual (Boudeguer & Squella Arq 2010) are considered, such as a minimum clear width of 80 centimeters in aisles, a minimum space of 1.20 meters for wheelchair turning, and a sink height of 70 cms as shown in figure 5D

Based on these dwellings, the project proposes an organization into modules of two, three, or five units, depending on the specific typology, to form small residential clusters or "mini-neighborhoods". This configuration creates a meeting space before entering the dwelling, promoting daily interaction, community cohesion, and a sense of security through residents' presence and participation. The scheme is shown in Figure 6. The proposal seeks to avoid isolation by establishing a gradual transition between the private and the collective, where each dwelling provides conditions of privacy and security, the modules foster community and interaction, and on a layer scale, the general pathways of the complex connect these clusters.



Figure 6. A module of five dwellings with a meeting space. Own design.

Overall, the proposal comprises 14 modules and 48 residences distributed among 36 independent homes, 8 assisted living units, and 5 specialized nursing units. It also incorporates sustainable strategies: firstly, all the homes are oriented to a 15-degree rotation to the east to reduce direct sunlight in the living areas. Secondly, tall vegetation is integrated along pedestrian walkways to provide shade, improve environmental comfort, and protect both homes and circulation spaces from the intense sunlight characteristic of La Paz. Finally, since it is developed on a single level, a unifying roof is incorporated that articulates the different dwellings as part of a single system. Its geometry echoes the logic of a sea wave, with a one-meter difference between the highest and lowest points, connected by a continuous curve. This structure overlaps with the residential modules, allowing zenithal light to enter the interior while creating a perimeter shade strip that contributes to the complex's solar protection, as shown in Figure 7. In this sense, the slabs also serve as an integrating element, providing formal continuity to the complex and reinforcing the project's and the urban context's visual and architectural identity.

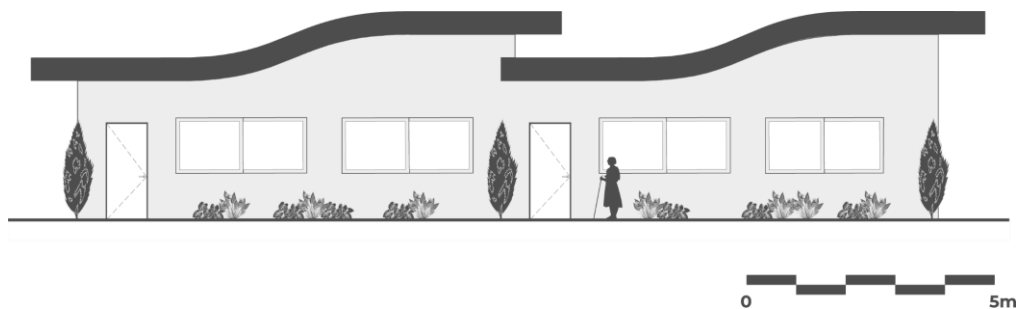


Figure 7. Elevation of the housing module. Own elaboration.

4. Discussion

4.1 Contextual Integration

The residential proposal is distinguished by its integration of cultural, climatic, and social dimensions into the housing typologies. The organization into neighborhoods reflects the Mexican domestic space of semi-private living, with dual transitions between the collective and the intimate, thus avoiding the institutional character of the traditional senior living facility model. The four residential typologies maintain domestic configurations rather than being reduced to institutional rooms. The color choices are based on literature on the psychology of color applied to the gerontological residential environment. Because the aging process brings physiological changes in vision, these can make it difficult to read the surroundings and locate objects.

In contrast, the proposed residential typologies intentionally seek chromatic contrast. The distribution not only facilitates visual orientation but also the location of key elements such as furniture and support surfaces. Furthermore, the calm atmosphere for residents is enhanced by the predominance of soft tones on the walls and the incorporation of clay latticework.

4.2 Relationship with the Mexican legal framework

The design incorporates the provisions of the national regulatory framework. The single-level development and the resolution of topographical changes in the exterior pathways through ramps with minimal slopes respond to the obligation to eliminate physical barriers established by the General Law of Inclusion of Persons with Disabilities, to guarantee the right to accessible housing (General Congress of the United Mexican States, 2024). Similarly, the differentiated heights of the Type D furniture address the needs of wheelchair users in accordance with this legislation. For this part, the configuration of the community in neighborhoods as spaces for safety among residents themselves and the preservation of domestic environments in the four typologies respond to the right to a dignified and adapted life, as well as to the eradication of institutional violence, recognized respectively by the Law of the Rights of Older Adults and the General Law on Women's Access to a Life Free Violence (General Congress of the United Mexican States 2024,2026)

4.3 Decision-making from the perspective of female dignity

The proposed residential typologies draw on specific references from international case studies. Firstly, the Maison des Babayagas incorporates the community logic conceived for women, as well as the promotion of self-management and the projection of the domestic scale into shared spaces (Parat-Bezard, 2017). However, unlike the Maison des Babayagas, where the complex of 25 residences is organized in a six-story vertical building, the proposal in this article opts for a horizontal layout of 48 dwellings. These are distributed across three modules, comprising 14 mini-neighborhoods. The chosen decisions align with the mobility needs of the future residents and incorporate universal accessibility into the project's design.

On the other hand, integration of nature is borrowed from St. George Village, both in the circulation between modules and in the gradual transition from interior to exterior within the mini-neighborhoods (Studio 9, 2022). Similarly, it shares with this reference the one-floor organization with different levels of care within the same complex. In this way, the project positions itself as a situated synthesis that recovers its most relevant contributions and articulates them with the theoretical framework.

The residential area shows that the CCRC model, a gender perspective, and feminist gerontology can be integrated into the design without these frameworks becoming mutually exclusive. Unlike traditional models, where care levels are typically addressed in separate wings of the building, the housing typologies are integrated within a single domestic logic. They share the surrounding environment and coincide in their spatial organization and color choices, thus avoiding the disruption that would result from moving to a different building as the user's needs change over time.

The feminist perspective transcends rhetoric, materializing in concrete spatial configurations. One example is found in the mini-neighborhoods that operate as physical support for networks of support among women. By enabling women to remain within the domestic sphere, terraces create spaces of visibility, safety, and mutual care for their users. Simultaneously, feminist gerontology is reflected in the design and everyday experience of aging. In housing typologies that allow for the continuity of daily activities. In this way, the progression toward higher levels of care does not imply the loss of these practices, which are fundamental to women's identity and autonomy in old age. The continued presence in the domestic space, in turn, serves as an affirmation of the right to remain an active participant in daily life, rather than merely a recipient of care. The three frameworks work synergistically, with the CCRC model providing continuity of care, the gender perspective shaping the spatial organization, and feminist gerontology guiding the approach toward a visible and supported aging of women. In this way, the proposal brings together the CCRC model as a space for promoting dignity in older women.

5. Conclusions

The residential proposal detailed in this article offers a comprehensive housing solution for older women. Its main value lies in the implementation of the Continuing Care Retirement Community (CCRC) model, which is planned for La Paz, Baja California Sur. The architectural design embodies the three essential levels of care within the CCRC model: independent living, assisted living, and specialized nursing care. These levels are materialized in four housing typologies distributed across three modules. The complex is organized into 14 mini-neighborhoods, a concept that fosters social cohesion and mutual support. It houses 48 residences, allowing residents to remain in the same complex as their care needs evolve.

A crucial element that enables this continuity is the decision to develop the entire complex on a single level. This design is complemented by ramps with minimal slope along the exterior pathways throughout the complex. Additionally, the

color scheme in the residential area is fundamental for user orientation and reducing the risk of accidents. This palette also contributes to the creation of distinct spaces, intended for both social interaction and relaxation.

In this same context, the spatial configuration of the dwellings, specifically their organization into mini-neighborhoods, emerges as a highly significant architectural and social element. The integration of strategically placed terraces at the domestic threshold solidifies as an intentional physical support. This spatial arrangement is specifically designed to foster and strengthen neighborhood support networks, particularly those established among women. From a gender perspective, these terraces serve as semi-private spaces that facilitate spontaneous social interaction, mutual monitoring, and the exchange of care, all of which are fundamental to community cohesion and women's empowerment. This design incorporates lessons learned from projects such as La Maison des Bagayagas and adapts to the landscape following the logic of St. George Village.

Feminist gerontology acts as a critical perspective within this framework, challenging the stigmatized and homogenizing view of decline traditionally associated with female aging. Its influence on the design is evident in the preservation of the complete domestic configuration, a decision that validates the residents' life trajectories as a fundamental and unavoidable aspect of the project, rather than merely an aesthetic concession. In this way, the project confronts the historical spatial invisibility of older women and reaffirms their active role in daily life during old age.

What this project offers is a shift in perspective, considering housing for older women from the standpoint of what is permissible rather than what is restricted. This relatively unexplored approach opens a path for rethinking gerontological infrastructure beyond the inherited welfare model. Women's aging has long been marginalized in architectural discourse in México. This project seeks to take a first step toward a design that recognizes it as an experience worthy of being lived with dignity.

Acknowledgements

Special thanks to the University of Monterrey for their support in disseminating this research. As a research team, we would like to thank Professor Ana María Esquivelzeta, Professor Enrique Federico González, Professor Sergio Bacco Garza, Professor Salvador Amaro Rosas, and Professor Manuel Alejandro Muñiz for their guidance and suggestions throughout the research process.

Funding

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Conflicts of Interest

The authors report no conflicts of interest.

Institutional Review Board Statement

This section does not apply to our research.

CRedit Author Statement: Dr. Sindy Melissa Godínez De León (Supervision- writing and review editing); BSc Research Assistant Kenia Jaqueline Cruz Castro, BSc Research Assistant Alejandra Sofia Robles Garza in charge of Conceptualization, Methodology and original draft writing & editing. *"All authors have read and approved the final manuscript."*

Reference List

- Aberdeen Senior Living. (2024). Differences Between Levels of Care in a Senior Living Community. <https://www.aberdeenseniorkliving.com/post/differences-between-levels-of-care-in-a-senior-living-community>
- Arquifach. (2025). Architecture with a Gender Perspective. Estudio de arquitectos Calpe Altea Benissa Teulada Moraira. Arquifach. <https://www.arquifach.com/en/architecture-with-a-gender-perspective/>
- Boudeguer & Squella ARQ (2010). Manual de Accesibilidad Universal. https://www.gob.mx/cms/uploads/attachment/file/359190/manual_accesibilidad_universal.pdf
- Brookdale Senior Living. (2025). What is a CCRC | Brookdale Continuing Care Retirement Communities. <https://www.brookdale.com/en/our-services/continuing-care-retirement-communities/what-is-a-ccrc.html>
- Cámara de Diputados del H. Congreso de la Unión. (2024). Ley de los Derechos de las Personas Adultas Mayores. https://www.diputados.gob.mx/LeyesBiblio/pdf/245_2024.pdf
- Cámara de Diputados del H. Congreso de la Unión. (2024). Ley General de Acceso de las Mujeres a una Vida Libre de Violencia. <https://www.diputados.gob.mx/LeyesBiblio/pdf/LGAMVLV.pdf>
- Cámara de Diputados del H. Congreso de la Unión. (2024). Ley General para la Inclusión de las Personas con Discapacidad. <https://www.diputados.gob.mx/LeyesBiblio/pdf/LGIPD.pdf>
- Clínica Universidad de Navarra. (2023). Gerontología feminista. Diccionario Médico. <https://www.cun.es/diccionario-medico/terminos/gerontologia>
- Consejo Nacional de Población. (2025). Plataforma Nacional de Datos Abiertos. Datos.gob.mx. <https://www.datos.gob.mx/dataset/proyecciones-de-poblacion/resource/e9160552-769b-41ee-88d1-afc765552608>
- Dreyer, P. (2006). Entretien avec deux fondatrices du projet de La Maison des Balayagas. <https://www.leroymerlinsource.fr/autonomie/vieillesse/la-maison-des-babayagas-les-qsortieres-de-montreuil/>
- ENASEM (2018). Encuesta Nacional sobre Salud y Envejecimiento 2018 Presentación de resultados. https://www.inegi.org.mx/contenidos/programas/enasem/2018/doc/enasem_2018_presentacion.pdf

- Félix Alemán A; Aguilar Hernández RM^a; Martínez Aguilar M^aL; Avila Alpírez H; Vázquez Galindo L; Gutiérrez Sánchez G. (2012) Bienestar del cuidador/a familiar del adulto mayor con dependencia funcional: una perspectiva de género. *Cultura de los Cuidados*. (Edición digital) 16, 33.
- FindContinuingCare. (2026). St. George Village. <https://findcontinuingcare.com/community/ga/roswell/st-george-village-c01632>
- Freixas, A. (s.f.). Gerontología feminista: comprender la compleja y sutil vida de las mujeres mayores. Universidad de Córdoba. https://www.matriz.net/mys17/pdf/17_8.pdf
- Freixas, A. (2008). La vida de las mujeres mayores a la luz de la investigación gerontológica feminista. *Anuario de Psicología / the UB Journal of Psychology*, 41–57. <https://www.raco.cat/index.php/anuariopsicologia/article/view/99264>
- Hernández, Z. (2025). Cuidadores del adulto mayor residente en asilos. *Index de Enfermería*, 15(52-53), 40–44. https://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S1132-12962006000100009
- Instituto Nacional de las Mujeres. (2020). Las mujeres y las diferencias de género en la vejez | Boletín. http://cedoc.inmujeres.gob.mx/documentos_download/BA6N08%20VoBo%20091020.pdf
- Instituto Nacional de las Personas Adultas Mayores (2019). Envejecimiento y vejez. Gob.mx. <https://www.gob.mx/inapam/articulos/envejecimiento-y-vejez?idiom=es>
- INEGI. (2024). Panorama sociodemográfico de México | Baja California Sur. https://www.inegi.org.mx/contenidos/productos/prod_serv/contenidos/espanol/bvinegi/productos/nueva_estruc/702825197742.pdf
- Instituto Nacional de las Mujeres. (2025). Feminismos. INMUJERES. <https://campusgenero.inmujeres.gob.mx/glosario/terminos/feminismos>
- Lancharro Taverro I, Gil García E, Macías Seda J, Romero Serrano R, Calvo Cabrera IM, Arroyo Rodríguez A. The gender perspective in the opinions and discourse of women about caregiving. *Rev Esc Enferm USP*. 2018;52:e03370. DOI: <http://dx.doi.org/10.1590/S1980-220X2017009403370>
- LeadingAge New York. (s. f.). All about continuing care retirement communities. <https://www.leadingageny.org/providers/ccrc/consumer-resources/all-about-continuing-care-retirement-communities/>
- Organización Mundial de la Salud. (2024). Envejecimiento y salud. World Health Organization: WHO. <https://www.who.int/es/news-room/fact-sheets/detail/ageing-and-health>
- Parat-Bezard, P. (2017). La Maison des Babayagas : concrétisation d’une utopie. 124–125. <https://doi.org/10.3917/chaso.parat.2017.01.0124>
- Rea Ángeles, P., Montes de Oca Zavala, V., & Pérez Guadarrama, K. (2021). Políticas de cuidado con perspectiva de género. *Revista Mexicana De Sociología*, 83(3), 547–580. <https://doi.org/10.22201/iis.01882503p.2021.3.60132>
- Rosas, K; Castor, N; Alvarado, A; Martell, J. (2024). Vista de Un Día en el Asilo: Experiencia desde la mirada de los Adultos Mayores. *Revista Perspectivas Sociales*. <https://goo.su/jwdo>
- Studio 9 Architecture. (2022). St. George Continuing Care Retirement Community. Studio 9 Architecture. <https://studio9arch.net/portfolio/st-george-continuing-care-retirement-community/>
- Vadillo, A. (2019). Gerontología feminista: envejecimiento y género. *PeriFéricas | Escuela de feminismos alternativos*. <https://perifericas.es/blogs/blog/gerontologia-feminista-envejecimiento-y-genero>
- Vinson Hall (2025). What Are the Different Levels of Care in Senior Living? <https://www.vinsonhall.org/blog/what-are-the-different-levels-of-care-in-senior-living>