Financial literacy for sustainable aging: A scalable community – based methodology from Mexico aligned to the SDGs

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Abstract

This study presents a community based and scalable methodology aimed at promoting financial literacy for sustainable aging among older adults who are beneficiaries of non-contributory pension programs in Mexico. Aligned with the Sustainable Development Goals (SDGs), the proposal addresses a global challenge: ensuring the financial well-being of aging populations, particularly in vulnerable communities or those with limited access to financial services. The M-ECORFIN 60+ methodology includes a diagnostic phase, participatory financial education workshops, and a support system to facilitate behavioral change. It employs oral storytelling, culturally adapted visual materials, and family involvement to ensure an accessible and dignified educational experience. Initial results show significant improvements in budgeting practices, saving capacity, and confidence in financial decision-making. Beyond the Mexican context, this methodology represents a low-cost, easily adaptable solution that can be replicated by governments, NGOs, and multilateral organizations in various regions around the world. In a global context of demographic aging, this experience offers valuable insights for public policies that integrate financial education as a cornerstone of social well-being intergenerational equity, and economic sustainability.

Keywords: Financial literacy, sustainable aging, social inclusion, social protection, Sustainable Development Goals