

Article

Fostering Social Participation and Inclusion in Rural Communities: The Case of the TAIKAN Group in Chile

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Abstract: This study examines the collective experience of the TAIKAN group, a social organization located in the municipality of Canela, Coquimbo Region, Chile. Through a systematization of experience methodology, this research analyzes how the group's inclusive grassroots practices contribute to social participation, community resilience, and sustainable development in rural contexts. The study employs qualitative methods, including document review, semi-structured interviews, participant observation, and discussion groups, to capture the lived experiences of its members and assess the impact of their initiatives. The findings highlight that TAIKAN fosters a cultural shift towards inclusion by positioning people with disabilities as active agents in their community, promoting autonomy through productive workshops, and engaging in collaborative efforts to reduce structural inequalities. Furthermore, the study situates the TAIKAN experience within the framework of planetary health, demonstrating how local initiatives can align with global efforts to advance social and environmental justice. These insights provide a replicable framework for strengthening marginalized communities in similar rural settings.

Keywords: disability; social participation; social organizations; community; social exclusion



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1. Introduction

1.1. Scope of the Experience

Social exclusion remains a persistent challenge for people with disabilities, particularly in rural areas where access to services and opportunities is often limited. Traditional support structures frequently fail to reach these communities, leaving grassroots organizations as key actors in promoting inclusion and sustainability. Through self-organized initiatives, these organizations empower marginalized groups, build community resilience, and foster long-term cultural change. This article examines this phenomenon by analyzing the role of a grassroots organization in a rural Chilean municipality and how its practices contribute to social inclusion and sustainable development. Building on this understanding of grassroots organizations and their role in fostering inclusion, this study focuses on the TAIKAN group, a social organization based in Canela, Coquimbo Region, Chile. Canela is a rural municipality with significant geographic dispersion and limited access to essential services, creating additional barriers for people with disabilities. Since its founding in 2017, TAIKAN has implemented a series of initiatives aimed at reducing systemic barriers, strengthening community participation, and fostering a culture of inclusion. Through this case study, the

research examines the ways in which community-led initiatives can contribute to broader efforts in social equity and sustainability [1,2].

Previous research highlights the vital role of grassroots organizations in promoting social participation and sustainability. Studies have shown that these organizations serve as essential intermediaries, bridging gaps left by formal institutions and fostering locally driven solutions [3,4]. In Latin America, various initiatives have successfully strengthened social cohesion and resilience in rural areas, demonstrating that community-led actions can drive meaningful systemic change [5]. However, despite growing recognition of these efforts, there is limited research on how such organizations specifically address disability inclusion in rural contexts. This study builds upon the existing literature by examining the case of the TAIKAN group in Chile and its strategies for fostering community integration and sustainability

The group's experience goes beyond individual improvement; it seeks to establish lasting cultural changes that benefit the community as a whole. These actions align with the principles of planetary health, which emphasize the interdependence between human well-being, social equity, and environmental sustainability [5]. For instance, TAIKAN's productive workshops include screen printing, a printing technique that involves transferring ink through a fine mesh screen onto a surface, typically fabric or paper, using a stencil to create designs. This method is widely used for producing posters, clothing, and other printed materials. These workshops provide participants with technical skills and income-generating opportunities and integrate ecological practices, such as using non-toxic inks, repurpose materials, and recycling waste. These strategies reflect how local solutions can have a positive impact on global sustainability, a core principle of planetary health.

This case is particularly relevant when considering how local practices can contribute to achieving the Sustainable Development Goals, particularly number 10 (Reduced Inequalities) and number 11 (Sustainable Cities and Communities).

1.2. Description of the Group

Officially founded in 2017, the TAIKAN group consists of 20 members, 18 of whom actively participate in workshops on inclusion and personal development. Eligibility for assistance is determined based on self-identification as a person with disabilities, along with community recommendations and referrals from local institutions. There are no strict financial or diagnostic barriers, ensuring all interested individuals can participate in the organization's activities. In addition to its core members, the organization assists approximately 100 individuals annually through various initiatives, including training workshops, awareness campaigns, and community engagement activities. Its current leadership, headed by Yocelyn Leyton Araya, has worked to strengthen the organization by promoting local capacities and access to community resources [4].

The group's primary objective is to foster an inclusive culture that positions people with disabilities as key actors in their community, promoting their autonomy and participation in areas such as education, employment, and health. Since its foundation, the group has developed a series of initiatives aimed at reducing systemic barriers, positioning itself as a model of community resilience in rural contexts.

The systematization period spans from 2017 to the present, focusing on actions implemented to highlight the situation of people with disabilities in Canela and promote a cultural shift toward meaningful inclusion. This analysis not only recovers the lived experiences of the members but also generates knowledge applicable to similar contexts.

1.3. Context

Canela, located in the province of Choapa, is a rural municipality that faces significant challenges related to social exclusion and structural inequality (Figure 1). Before the formation of TAIKAN, there were no local organizations dedicated to disability inclusion, leaving people with disabilities with limited access to training, employment, and social participation opportunities. The group fills these gaps by offering structured capacity-building workshops, advocating for policy changes, and creating spaces for economic and social empowerment.



Figure 1. Canela, Coquimbo, Chile.

Based on available estimates, approximately 20% of the municipality's population is classified as having a disability, representing a key target group for TAIKAN's initiatives. However, due to geographic dispersion and limited transportation options, an estimated 80% of this population still lacks access to support services, highlighting the need for expanded outreach efforts. The region's geography, combined with the lack of adequate infrastructure, limits access to essential services, exacerbating disparities for people with disabilities. In this context, TAIKAN's actions are crucial for building resilient communities that promote equity and collective well-being [6].

The systematization aims to achieve two main objectives:

1. To highlight the group's inclusive practices and achievements to influence local and regional public policies.
2. To generate insights that enable the replication of these experiences in other rural communities with similar conditions.

The methodology used is based on a participatory and phenomenological approach, designed to capture the subjectivity and emotions of the group members as they collectively develop strategies for inclusion and sustainability [7,8].

1.4. Research Questions

To explore how grassroots organizations contribute to social inclusion and sustainability in rural contexts, this study addresses the following research questions:

1. How do local organizations develop and implement inclusive strategies for people with disabilities?
2. What are the key challenges and opportunities associated with these initiatives?
3. How can these experiences be systematized to inform similar efforts in other communities?

To answer these questions, the study employs a systematization of experience methodology, using qualitative data collection techniques such as document review, semi-structured interviews, participant observation, and discussion groups.

2. Methodology

2.1. Systematization of Experiences: A Tool for Social Change

The systematization of experiences, as a methodological strategy, allows for analyzing and reinterpreting the practices developed by TAIKAN, highlighting their relevance in the global context of planetary health. This approach departs from traditional positivist paradigms by focusing on the historical and social reconstruction of the inclusion and resilience practices developed by the group [5,6,9].

The methodology adopted in this study includes the following key elements:

- Active participation: Members of the TAIKAN group directly participated in the design and implementation of data collection techniques, ensuring that their perspectives were central to the analysis. The systematization was conducted by the research team in collaboration with TAIKAN members, allowing for an in-depth and participatory reflection on their experiences.
- Phenomenological approach: This approach was used to capture the lived experiences, emotions, and meanings attributed by participants to their organizational experience [7,8,10].
- Production of applied knowledge: The systematization not only retrieves the lessons learned but also provides practical tools for replicating these strategies in other rural contexts.

2.2. Data Collection Techniques

The study employed multiple qualitative techniques to ensure a comprehensive analysis. The data collection process covered the period from the founding of the TAIKAN group in 2017 to the present, focusing on key milestones, organizational development, and the impact of its initiatives:

1. Document review: This included the collection and analysis of internal records such as meeting minutes, educational materials, and photographs, providing a historical and objective basis for the group's evolution. The dataset consists of approximately 300 pages of documents, including meeting records, work logs, and correspondence. Additionally, interview transcripts and discussion group recordings total 360 pages [3].
2. Semi-structured interviews: These interviews explored members' perceptions of the group's achievements and challenges, highlighting their impact on social equity and sustainability. All semi-structured interviews and discussion groups were audio-recorded with participant consent to ensure an accurate representation of their

perspectives, generating approximately 12 h of audio material. All recordings were fully transcribed to facilitate in-depth analysis [11].

3. Participant observation: This method captured group and community dynamics in real time, generating key insights into the group's interactions and development [12].
4. Discussion groups: Facilitated to collectively reflect on the identified barriers and opportunities, promoting a shared vision of goals and future challenges [4].

2.3. Data Analysis Strategy

The data analysis strategy in this study was designed to ensure the validity and depth of the process, combining triangulation techniques with the active participation of TAIKAN members. The data were analyzed using a thematic coding approach, classifying them into major categories such as social inclusion, community resilience, and sustainability. Thematic matrices were used to identify key patterns, relationships, and emerging challenges. Additionally, the analysis involved a triangulation process, comparing findings from document reviews, interviews, and discussion groups to enhance the reliability of the conclusions. The transcribed interviews and discussion groups were coded using qualitative thematic analysis, identifying key concepts and linking them to the main research themes. The analysis also incorporated participant validation sessions, where preliminary interpretations were discussed with the TAIKAN members to ensure an accurate representation of their experiences. This approach connected the group's local experiences with global challenges related to inclusion and planetary health [3,5].

The analysis was structured into three phases:

1. Organization of collected data:
 - Documentary records, interviews, and observations were integrated into thematic matrices that allowed for identifying patterns, relationships, and key tensions in the group's experience [4].
2. Identification of emerging categories:
 - Based on the organized data, analytical categories were generated related to the study's reflection axes: social inclusion, community resilience, and sustainability. These categories were directly linked to the Sustainable Development Goals (Sustainable Development Goals 10 and 11).
3. Collective validation:
 - Preliminary results were presented to TAIKAN members through participatory workshops, where findings were discussed, and interpretations were adjusted according to shared perspectives. This process ensured that the analysis faithfully reflected the group's experiences and aspirations [13].

2.4. Quality and Methodological Rigor

To ensure the quality of the process, the following criteria were implemented:

- Informed consent: All participants signed consent documents explaining the study's objectives and methods, respecting their right to withdraw participation at any time [14].
- Transparency in data collection: Records were organized in digital and physical folders, accessible to group members and the research team.
- Methodological triangulation: The combination of interviews, observation, and documentary analysis corroborated findings and reduced potential biases [6].
- Inclusive participation: Group dynamics ensured that the voices of all members, regardless of their level of prior involvement, were represented in the analysis [4].

3. Results

3.1. Main Historical Milestones of the TAIKAN Group

To answer Research Question 1, this section examines how TAIKAN has developed and implemented inclusive strategies for people with disabilities. The historical reconstruction of the TAIKAN group revealed key milestones that highlight its contribution to social inclusion and sustainability in Canela. These milestones are divided into two periods:

1. Formative Period (2013–2016):

- During these years, the group developed initial workshops for its members, addressing fundamental needs such as access to job training and recreational activities.
- In 2016, TAIKAN participated in its first community fair on inclusion, an event that marked its public debut and strengthened its visibility as an inclusive organization.

2. Consolidation Period (2017–2019):

- In 2017, the group obtained legal status, enabling access to funding for projects such as a screen-printing workshop funded by the Social Solidarity and Investment Fund (FOSIS).
- In 2019, TAIKAN organized activities for Inclusion Day, solidifying its role as a promoter of the rights of people with disabilities in the municipality.

These milestones not only strengthened the group's internal cohesion but also demonstrated how a grassroots organization can influence cultural transformation and social equity in rural communities.

3.2. Reflection Axes of the Lived Process

The analysis of TAIKAN's experience was structured around three fundamental axes that integrate its achievements and challenges within the context of planetary health: internal organizational functioning, connection with the environment, and organizational projection. These axes contextualize the impact of its actions in promoting equity, community resilience, and sustainability, providing a basis for understanding how grassroots initiatives can generate significant changes in marginalized rural areas.

3.2.1. Internal Organizational Functioning: Resilient Development from the Ground Up

This axis explores the dynamics that underpin TAIKAN's operations, identifying elements that enhance its impact and those that limit its sustainability.

Facilitating Elements: Advancing Social Cohesion and Equity

To further explore Research Question 1, this section presents the key elements that have facilitated TAIKAN's development of inclusive strategies, promoting social cohesion and equity.

1. **Active Collaboration:** The willingness of group members to collaborate and work collectively has been a cornerstone of organizational resilience. This cohesion has allowed the group to overcome structural barriers and consolidate internal support networks, essential in rural contexts where access to basic services is limited [4]. Collaboration not only strengthens relationships among members but also fosters a sense of belonging that amplifies the social impact of their actions.
2. **Building a Group Identity:** TAIKAN identifies itself as an agent of transformation in Canela, focusing its work on empowering people with disabilities and promoting their rights. This approach, consistent with the principles of planetary health, strengthens social equity by positioning people with disabilities as active agents in

their community [15]. This collective identity also enhances the group's resilience in the face of adversity and limits internal fragmentation.

3. **Capacity Building:** Training and development activities organized by TAIKAN have led to greater involvement of people with disabilities in productive activities, improving their economic and social autonomy. TAIKAN provides training in areas such as screen printing, sewing, and craft production, which participants can use to generate income through local fairs and independent sales. While TAIKAN does not directly place individuals in jobs, it collaborates with local businesses and institutions to advocate for inclusive hiring practices. Notable examples include screen-printing workshops and collective enterprises that not only generate income but also promote the development of technical and organizational skills [15].

Hindering Elements: Internal Barriers to Sustainable Development

Addressing Research Question 2, this section analyzes the main challenges that have hindered the sustainability and effectiveness of TAIKAN's inclusion initiatives

1. **Deficiencies in Internal Communication:** Challenges in the transmission of information among group members have caused organizational tensions that hinder project planning and implementation. This has resulted in fragmented internal coordination and missed strategic opportunities [3].
2. **Unequal Participation:** Although TAIKAN has successfully engaged most of its members in various activities, some demonstrate limited commitment, affecting the continuity of certain projects. The lack of consistent support from the families of people with disabilities also represents a challenge, highlighting the need for strategies that promote more inclusive and equitable participation.

3.2.2. Connection with the Environment: Building Networks for Sustainability

In response to Research Question 2, this section examines the challenges and opportunities in TAIKAN's external relationships, highlighting its connections with government entities, other organizations, and the local community to ensure a lasting impact.

Strengths: Relationships that Drive Inclusion and Sustainability

- **Strategic Collaboration with the Municipality:** Cooperation with the local government has been a critical factor in TAIKAN's success, facilitating access to resources for implementing inclusive activities, such as job training workshops and community events. Approximately 40% of TAIKAN's funding comes from municipal or government grants, while 60% is obtained through private donations and self-sustaining projects, such as the sale of products from its screen-printing workshop. These initiatives not only directly benefit people with disabilities but also improve their perception within the community, fostering a cultural shift toward greater acceptance [15].
- **Visibility Through Public Activities:** Events such as inclusive fairs have raised local awareness about the rights of people with disabilities, promoting a narrative that supports equity and respect. These activities have positioned TAIKAN as a community leader, aligning with Sustainable Development Goal 11 (Sustainable Cities and Communities) by contributing to a more inclusive and resilient environment [4].

Weaknesses: Challenges in the Sustainability of External Networks

- **Institutional Dependence:** While relationships with the municipality are fundamental, the group's lack of financial autonomy limits its capacity to expand its initiatives independently. This highlights the need to diversify funding sources and explore partnerships with private actors and NGOs [6].
- **Limited Community Participation:** Despite TAIKAN's efforts to engage the local community, the integration of people with disabilities into Canela's social and economic life

remains insufficient. The lack of active commitment from the local population underscores the need to strengthen awareness and community education strategies [15,16].

3.2.3. Organizational Projection: Vision for Equitable Development

To answer Research Question 3, this section analyzes how the experience of TAIKAN can be systematized and replicated to inform similar efforts in other communities. The analysis of TAIKAN's organizational projection highlights key opportunities to strengthen its internal and external capacities while consolidating its impact regionally. These strategies not only promote the sustainability of its activities but also position the group as a replicable model for other rural communities.

Key Opportunities for Sustainable Development

- **Strengthening Internal Capacities:** One of the main opportunities identified is the need for training in organizational management and access to diversified funding sources. These actions can reduce external dependency and increase the group's autonomy, enabling more effective planning and execution of its projects. This is particularly relevant to achieving Sustainable Development Goal 10 (Reduced Inequalities) by fostering equitable access to economic opportunities for people with disabilities.
- **Expanding Collaborative Networks:** Establishing strategic alliances with other local, national, and international organizations represents a crucial avenue for replicating successful practices and sharing lessons learned. TAIKAN aims to strengthen its role in linking trained individuals with employment opportunities by developing partnerships with local businesses and advocacy groups. Future efforts will focus on creating a formalized system for skill matching, ensuring that training programs align with regional labor market demands. Creating these networks can facilitate access to resources and knowledge that strengthen the group's ability to address social and structural challenges within a broader planetary health framework.
- **Promoting Inclusive Cultural Change:** Continuing public activities, such as inclusive fairs and community workshops, is essential to consolidating a cultural shift that promotes acceptance and respect for people with disabilities. These initiatives can also foster greater social cohesion in the Canela municipality, strengthening its community resilience and sustainability [7].

Challenges Associated with Organizational Projection

While the opportunities are clear, challenges requiring attention were also identified to ensure the group's sustainability:

- **Financial Sustainability:** Dependence on institutional resources remains a significant obstacle. The group must explore alternative funding sources, such as projects with NGOs, private sector support, or international cooperation programs.
- **Limited Scalability:** Although TAIKAN has succeeded in its community, a lack of resources and experience in managing larger-scale projects limits its ability to replicate its initiatives in other rural areas.
- **Low Community Awareness:** For TAIKAN to achieve broader cultural change, it will be necessary to strengthen awareness campaigns targeting the local community. These campaigns should focus on fostering greater commitment to inclusion and challenging negative perceptions of people with disabilities.

3.3. Key Learnings from the TAIKAN Group Experience

To further address Research Question 3, this section systematizes key lessons learned from TAIKAN's experience, providing insights into how grassroots initiatives can be structured to enhance social equity, community resilience, and sustainability within the

framework of planetary health. The main findings are detailed below, explicitly linked to the Sustainable Development Goals.

Community Resilience as a Transformative Axis: The TAIKAN group has established itself as an example of how rural communities can build resilience in contexts of social exclusion and structural inequality. Its inclusive practices have strengthened social cohesion by providing active participation spaces for people with disabilities. This approach has fostered solidarity and mutual support among members, helping to reduce the community's vulnerability to socio-economic challenges [4].

These actions, focused on building social capital, highlight how community resilience can drive progress toward Sustainable Development Goal number 10 (Reduced Inequalities) and number 11 (Sustainable Cities and Communities).

Innovation in Resource-Limited Contexts: The success of the TAIKAN group in maximizing the impact of its initiatives, despite operating with limited resources, reflects the capacity of grassroots organizations to implement innovative solutions. Key strategies include the following:

- Securing funding through local and regional programs, such as the Social Solidarity and Investment Fund (FOSIS).
- Establishing productive workshops, such as screen printing, which not only generate income for members but also contribute to the social and economic empowerment of people with disabilities [15].

These initiatives demonstrate that it is possible to advance equity and sustainability even in disadvantaged rural contexts, aligning with Sustainable Development Goal 10.

Promoting Inclusive Cultural Change: One of TAIKAN's most significant contributions has been its impact on social perceptions of disability in the Canela municipality. Public activities, such as inclusive fairs, have been essential in raising awareness among the local population and challenging deeply rooted stigmas. These actions have positioned people with disabilities as active agents of change in their community, promoting a narrative of rights and capabilities [4].

This cultural shift is fundamental for building more inclusive and sustainable communities in line with Sustainable Development Goal 11.

Persistent Challenges and Areas for Improvement: Despite TAIKAN's significant progress, structural and organizational barriers persist that limit the scope of its initiatives:

- **Dependence on External Resources:** The lack of diversification in funding sources reduces long-term sustainability.
- **Insufficient Community Participation:** Limited integration of the local community restricts the impact of inclusive activities.
- **Poor Internal Communication:** Communication channel challenges affect internal coordination and create tensions among members [3].

To address these challenges, the following strategies are proposed:

- Implementing training programs in organizational management and funding access.
- Expanding collaborative networks with regional and national organizations.
- Developing awareness campaigns aimed at the local community to foster greater commitment to inclusion.

TAIKAN's experience offers valuable lessons that transcend its local context. Its inclusive and innovative practices constitute a replicable model for other rural communities facing similar challenges of exclusion and inequality. These actions promote social equity and reinforce the principles of planetary health by integrating human well-being, social justice, and environmental sustainability.

4. Discussion

Our analysis of TAIKAN's actions, including its efforts to promote social cohesion and implement inclusive public activities, reveals their impact beyond the local community. The study findings indicate that by fostering an inclusive and resilient culture, TAIKAN has developed a replicable model that can be applied in other rural areas to build sustainable communities. This model empowers people with disabilities while also strengthening the social fabric, contributing to both human flourishing and environmental sustainability. TAIKAN promotes social cohesion and inclusion through specific initiatives designed to empower people with disabilities and foster community engagement. These actions include (1) screen-printing workshops, where participants learn technical skills to produce textiles and printed materials using eco-friendly practices; (2) community awareness campaigns, such as public talks and inclusive fairs that educate the local population on the rights of people with disabilities and the importance of social participation; (3) collaborative agricultural projects, where members engage in sustainable farming practices that provide economic opportunities while promoting environmental conservation. These activities not only enhance autonomy among participants but also create spaces for meaningful interaction between people with and without disabilities, reinforcing a culture of inclusion [17]. By detailing these initiatives, the study highlights how local participatory efforts contribute to broader movements for social and environmental justice.

The results suggest that similar grassroots initiatives could play a key role in achieving Sustainable Development Goals 10 and 11 in comparable rural and urban contexts [4,6].

In the rural context of Canela, TAIKAN's practices promote community resilience through the following:

1. Reducing Inequalities (Sustainable Development Goal 10): The group's initiatives strengthen the inclusion of people with disabilities, positioning them as active agents in their community, which contributes to equal opportunities and social empowerment [7].
2. Building Sustainable Communities (Sustainable Development Goal 11): By developing local capacities and fostering social cohesion, TAIKAN establishes an inclusive development model that can be replicated in other rural areas.

From a global perspective, these actions exemplify how local organizations can influence the transformation of broader structures, contributing to social justice and sustainability—essential components of planetary health [18].

This study identified how the inclusive practices developed by the TAIKAN group significantly contribute to community resilience, social cohesion, and sustainability in rural contexts. The findings highlight three key areas: (1) the building of social capital through active collaboration and group cohesion, (2) the implementation of innovative strategies in resource-limited contexts, and (3) the promotion of cultural change toward the inclusion of people with disabilities. These contributions align with the principles of planetary health and the Sustainable Development Goals, particularly Sustainable Development Goal 10 (Reduced Inequalities) and 11 (Sustainable Cities and Communities).

The findings of this study reinforce evidence that grassroots community initiatives can address structural challenges related to inclusion and equity. For example, Guerrero [4] documented how rural organizations in Chile can act as transformative agents by promoting inclusive narratives and generating social cohesion. This work aligns with our results, which demonstrate that community resilience is an essential element in overcoming structural barriers in rural contexts.

However, TAIKAN's practices also contrast with previous studies. While Arellano and Herrera [19] highlighted significant limitations in implementing inclusive policies in urban higher education institutions, our study shows that, in rural contexts, community

organizations can compensate for the lack of government policies through adaptive and innovative actions. These discrepancies could be attributed to differences in the levels of autonomy and adaptability between rural organizations and more centralized institutions.

On the other hand, Castañeda [3] emphasized that rural communities face challenges related to cultural awareness of disability, which coincides with our findings on low community participation in Canela. This situation underscores the need to develop more effective awareness strategies to generate lasting cultural change.

The systematization of the TAIKAN group's experience in the rural municipality of Canela allows for extracting significant lessons on how grassroots initiatives can address challenges related to social exclusion, inequality, and sustainability. This case exemplifies how communities can build resilience through collaboration, social cohesion, and the promotion of inclusive practices, all aligned with the principles of planetary health and the Sustainable Development Goals, particularly Sustainable Development Goal 10 (Reduced Inequalities) and 11 (Sustainable Cities and Communities).

The findings of this study reinforce the relevance of local organizations as agents of change in rural contexts. The strategies implemented by TAIKAN, such as productive workshops and awareness-raising activities, have had a tangible impact on the quality of life of people with disabilities, contributing to their social and economic integration. Moreover, these actions not only address local problems but also offer a replicable model for other communities with similar characteristics.

However, this study also highlights persistent challenges that limit the sustainability and reach of the group's initiatives. Dependence on external resources, low community participation, and barriers to internal communication underscore the need to strengthen organizational capacities and diversify sources of support. These areas represent opportunities for designing more robust interventions that enhance TAIKAN's long-term impact.

From a global perspective, TAIKAN's experience underscores the importance of linking local practices to broader efforts for equity and sustainability. This study contributes to the conceptual framework of planetary health by demonstrating how community initiatives can be integrated into global strategies to promote human well-being, social justice, and environmental sustainability. Additionally, it highlights the need for future research to assess the long-term impact of these practices in different rural contexts, allowing for a broader and more generalizable understanding of their relevance.

Study Limitations

Despite the significant findings of this systematization, there are some limitations that must be considered:

1. **Limited Generalization:** The results of this study are specifically contextualized within the experience of the TAIKAN group and the municipality of Canela. Additionally, while the study is based on qualitative insights from participant observation, document analysis, and discussion groups, it does not include direct, anonymized testimonials from individuals with disabilities or workers reflecting on the before-and-after impact of TAIKAN. Future research should aim to incorporate these perspectives to further validate and deepen the understanding of TAIKAN's role in fostering social inclusion. Therefore, the conclusions may not be directly applicable to other organizations or regions without prior analysis of their local particularities.
2. **Lack of Quantitative Evaluations:** While the qualitative methodology provided a deep understanding of group dynamics, the absence of detailed quantitative data limits the ability to objectively measure the impact of the group's initiatives. However, we have incorporated estimates on the number of people served, funding sources, and the proportion of the local population with disabilities to provide additional context.

3. **Limited Observation Period:** The data collection period focused on key moments in the group's evolution, which may have excluded relevant aspects of the experience over time.
4. **Restricted Access to External Actors:** Although interviews were conducted with some professionals and local authorities, a representative sample of other community actors who could have provided complementary perspectives was not included.

These limitations offer opportunities for future research to address these aspects, expanding the analysis and understanding of the impact of grassroots organizations in rural contexts.

5. Conclusions

In conclusion, TAIKAN represents a paradigmatic case of how grassroots solutions can generate significant structural changes, demonstrating that inclusion and resilience are not only possible in rural contexts but also fundamental for building a more equitable and sustainable future. This study invites reflection on the role of communities in social transformation and their contribution to planetary health. Rather than a comparative analysis, the goal of this study is to document and systematize TAIKAN's experience as a model of grassroots inclusion and sustainability in rural areas. By detailing its strategies and impact, this study aims to provide a replicable framework that can inspire and guide the creation of similar organizations in other underserved regions. Policymakers, community leaders, and practitioners working on social inclusion initiatives can use these findings to design and implement programs that empower local organizations to address structural inequalities and promote sustainable community development.

Practical and Theoretical Implications

The results of this study have direct applications for designing inclusive programs and policies in rural communities:

- **Strengthening Local Capacities:** TAIKAN's successful initiatives, such as productive workshops, can serve as replicable models in other rural communities.
- **Diversifying Funding Sources:** Promoting partnerships with external actors, such as NGOs and private companies, could reduce dependency on municipal resources.
- **Awareness Campaigns:** Organizing community events focused on people with disabilities could foster greater participation and community support.

This study contributes to the conceptual framework of planetary health by demonstrating how local practices can integrate into global efforts to promote equity and sustainability. Furthermore, it provides evidence that community resilience, a concept frequently associated with natural disasters, is also relevant for addressing social issues such as exclusion and inequality.

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or psychological risks. Claudio Obando Cid, Director of the Master's Program in Community Public Health and Local Development at Universidad de La Frontera, hereby certifies that, in accordance with the regulations of the Graduate Program, the Systematization titled: "Fostering Social Participation and Inclusion in Rural Communities: The Case of the TAIKAN Group in Chile", developed by graduate Cristian Armijo Castillo, was not submitted to a Scientific Ethics Committee, in accordance with the regulations established by the program. Certified and signed in Temuco, July 2025.

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