

The Rise of Age-Restricted Housing

A shift in housing preferences affecting national markets

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THE DATA

3.8 million

Homes in Age-Restricted Communities

According to the U.S. Census Bureau's 2023 American Community Survey.

This number reflects a steady increase since 2015, indicating a growing preference among older adults for planned communities with age restrictions. These communities are not only expanding in size but also in geographic reach, influencing housing supply across multiple regions.



Source: U.S. Census Bureau · Published August 27, 2026

01

Supply Shifts Toward Age-Restricted Models

As demand for age-restricted housing increases, developers are increasingly incorporating these models into new community designs. This trend is changing the overall housing mix, especially in suburban and rural areas where older adults are moving to find affordable, low-maintenance living options. The shift signals a fundamental change in how real estate developers approach supply-side strategies.



02

Policy Implications for Housing Diversity

The rise of age-restricted housing raises questions about fair housing access and community diversity. While the Housing for Older Persons Act (HOPA) allows such communities, increased supply may reduce opportunities for mixed-age developments. This dynamic could influence zoning policies, land-use planning, and the long-term affordability landscape in areas with growing 55+ populations.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

Diane Hart Alexander, MBA, MHA

Designated Broker, ALEX.RealEstate

Chair & CEO, ALEX

+1 713.591.9902 · diane@alex.realestate

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