

26.7% Aged 65+ — Forestdale Leads Alabama

Forestdale Leads Alabama in Senior Population

26.7% aged 65+ — ALEX Intelligence, 2024

THE DATA

26.7%

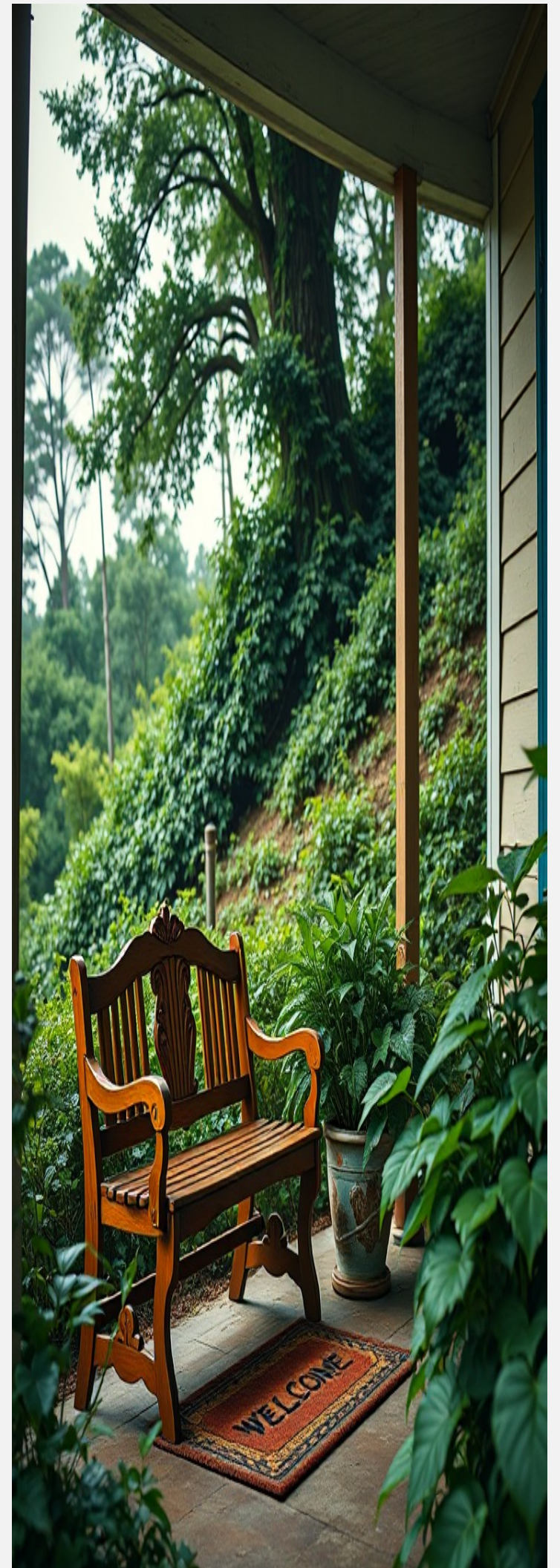
Share Aged 65 and Over (2024)

Forestdale has the highest share of residents aged 65 and over in the Birmingham market.

Forestdale's age profile isn't a temporary spike — it's a structural reality shaping housing demand, healthcare access, and neighborhood design.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation

<https://alex-companies.com/data/2026-09-23-birmingham-senior-share-place-mkt>



01

Senior-First Development is a Strategic Advantage

In a market where new construction is constrained by rising costs and affordability pressures, communities with high senior populations like Forestdale are becoming incubators for age-in-place innovation. These areas are quietly becoming testbeds for adaptive housing, senior-focused amenities, and transit-oriented design — all of which can be scaled into broader market strategies.

The shift isn't just about retirement — it's about redefining what sustainable, low-mobility living looks like in the South's evolving urban landscape.



02

The Hidden Equity in Aging Infrastructure

Forestdale's high senior share correlates with older housing stock, much of which is still occupied and maintained. This creates a unique investment opportunity: instead of treating aging homes as liabilities, they can be repositioned as stable, low-turnover assets with predictable cash flow.

As younger buyers face mortgage barriers, senior-occupied neighborhoods may become increasingly attractive for long-term investors seeking resilience, not rapid appreciation — a counterintuitive edge in a volatile market.

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