

Largest 55+ Population in America — ALEX Intelligence 2026

#1 55+ Population in America

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THE DATA

9,808,667

Population (2024)

Los Angeles County holds the largest 55+ population of any U.S. county.

This figure reflects not just demographic concentration, but a profound shift in where older adults are choosing to live. The 55+ market is no longer confined to traditional retirement corridors. Instead, it is increasingly anchored in dense, high-amenity, service-rich urban cores with established infrastructure and social ecosystems.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-27-fifty-five-plus-fifty-five-plus-dem-population-county-us>



01

Urban Density Drives Demand

The dominance of Los Angeles County in 55+ population size reveals a structural trend: older adults are prioritizing access to healthcare, cultural amenities, and transit over geographic isolation. This challenges the long-held assumption that age-restricted communities must be in low-density, suburban or rural zones to succeed.

Communities in high-urbanization areas—especially those with walkable, single-level designs—now face less competition from distant retirement destinations. The value proposition is no longer about escape, but about integration.

02

Accessibility as a Market Imperative

Even in cities with aging infrastructure, new developments must incorporate zero-step entries, wider doorways, and accessible bathrooms to attract and retain residents.

This trend is reinforced by rising demand for aging-in-place options and HOPA-compliant developments that balance age restriction with inclusion. The future of 55+ real estate lies not in retreat, but in reinvention—making cities livable, functional, and dignified for all ages.



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