

#1 of 6 DFW cities, #2 of 14 Texas cities — ALEX Intelligence 2026

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Based on 65+ population concentration in top counties — ALEX Intelligence, 2026

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THE DATA

29.6%

Share of the 65-and-Over Total in Its Top Three Counties (2024)

Harris, Dallas, and Tarrant counties together account for nearly one in three Texas residents aged 65 and over.

This concentration reflects a structural shift in where the 55+ market is evolving—not in rural enclaves or scenic retreats, but in the densest urban and suburban cores. The clustering of seniors in these three counties signals a powerful alignment between demographic demand and infrastructure readiness, from healthcare access to public transit and age-friendly zoning.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-08-fifty-five-plus-fifty-five-plus-concentration-senior-people-county-tx>



01

Urban density fuels 55+ market growth

As the population ages, developers and investors should pivot from siloed, rural 55+ developments to integrated, mixed-use environments in these high-density corridors, where access to medical care, public transit, and community programming is already robust.



02

Equity release follows demographic clusters

Financial institutions and advisory platforms should target these urban hubs with tailored products, recognizing that the highest demand for equity access is not in isolated ZIPs, but in areas with deep senior populations and strong real estate liquidity.

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

Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902



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