

From AI-powered monitoring to sweeping Medicaid changes, the aging services sector is undergoing its most significant transformation in decades.

SENIOR CARE TRENDS IN 2026 — CARE FOR SENIORS

KEY FIGURES

2026 by the numbers

<p>75%</p> <p>Aging in place of older adults want to remain in their own home as they age</p>	<p>7.2M</p> <p>Alzheimer's cases Americans 65+ living with Alzheimer's dementia</p>	<p>\$384B</p> <p>Dementia care costs projected health & long-term care costs in 2026</p>
<p>\$114B</p> <p>Home care market projected global elderly home care market by 2034</p>	<p>21%</p> <p>AI market growth annual growth in AI-in-aging-care through 2035</p>	<p>78%</p> <p>Prediction accuracy AI speech tools detecting Alzheimer's before diagnosis</p>

TOP TRENDS

The five biggest shifts in aging services

<p>1</p>	<p>AI & predictive monitoring</p> <p>Earlier detection of falls, cognitive decline, and medication issues. The global AI-in-aging-care market projected to grow from \$57B (2025) to \$387B by 2035.</p>	<p>Technology</p>
<p>2</p>	<p>Aging in place as the default</p> <p>Home-based services are now the primary growth engine of the elderly care market. Smart home tech has made high-quality care at home achievable for longer.</p>	<p>Rising fast</p>
<p>3</p>	<p>Federal & state budget pressure</p> <p>Medicaid funding is under strain, but a 2028 provision may expand HCBS waiver access — allowing more seniors to qualify for in-home support without nursing-facility criteria.</p>	<p>Shifting</p>

4

PACE & alternative care models

Expanding

Person-centered, community-based programs are gaining ground because they improve outcomes and reduce costs versus institutional care.

5

Dementia & Alzheimer's surge

Rising fast

Nearly 12 million Americans provide unpaid dementia care today. Demand for specialized in-home memory support is accelerating as boomers age into their 70s and 80s.

WHAT THIS MEANS FOR FAMILIES

AI tools don't replace human caregivers — they make caregivers more effective. When your caregiver knows a client's gait changed or sleep was disrupted, they can respond before a situation becomes a crisis. Technology extends the reach of companion care and specialized support.

POLICY CONTEXT: MEDICAID & HCBS

For families navigating Medicaid in San Francisco, San Mateo, or Marin County, current changes matter practically. Care managers can help you understand what's available and how to coordinate across funding sources.

DEMENTIA & ALZHEIMER'S CARE AT HOME

Not all home care is equipped for dementia's specific complexities — wandering risk, sundowning, medication management, and family caregiver burnout all require specialized training and protocols.

Source: Health Dimensions Group, 2026 Top Trends in Aging Services; InsightAce Analytic; Coherent Market Insights; Definitive Healthcare.