



70 is the new 20 when it comes to roommates

- The over 70s are the fastest growing age group amongst US roommates
- Since 2018, the percentage of roommates in their 50s has grown by 51%, roommates in their 60s have grown by 66% and those over 70 by 106%
- In the same period, the percentage of roommates in their 20s fell by 20%
- Across 10 key US metro areas, San Francisco/Bay Area, Dallas & Phoenix have the highest proportion of roommates over 50
- Dallas has the oldest roommates (average age 37) while New York City and Boston have the youngest (average age 32)

July 2021 - [SpareRoom](#), the roommate matching site, reveals that since 2018, the percentage of roommates over 50 has increased dramatically, with the over 70s being the fastest growing group of roommates. Meanwhile roommates in their 20s have seen the biggest drop, down 20% since 2018*.

Here's the full breakdown of age brackets, and how they've changed since 2018:

Ages	Change in proportion of roommates by age bracket since 2018
20-29	-20%
30-39	13%
40-49	28%
50-59	51%
60-69	66%
70+	106%

Please also see below average age breakdowns and change in roommates aged 50+ since 2018 across 10 key US metro areas:

Metro areas	Average age	% of roommates over 50	Change in % of roommates in their 50s since 2018	Change in % of roommates in their 60s since 2018	Change in % of roommates aged 70+ since 2018
Boston	31.7	14%	135%	128%	128%
Chicago	32.9	17%	110%	-3%	115%
Dallas	37	25%	41%	28%	72%
Los Angeles	35	21%	24%	26%	56%
Miami	33.6	15%	78%	19%	814%
NYC	31.7	14%	40%	58%	88%
Phoenix	36.6	23%	15%	-3%	16%
San Diego	33.4	18%	0%	-34%	22%
San Francisco/Bay Area	36.2	25%	45%	47%	178%
Washington DC	34.8	22%	220%	23%	32%
All US	33.9	19%	51%	66%	106%

The typical image of roommates is of groups of people in their 20s living together. While that's true, a very clear picture is emerging of a much wider story. Those in their 20s still represent the biggest overall group of roommates, but it's the older age groups that are growing fastest.

A recent SpareRoom poll of over 1,500 roommates also showed that people aren't set on living with others of a similar age. In fact, the majority (57%) said that this isn't important to them. Over a quarter (27%) of respondents already live with someone who is over 10 years older than them, and nearly a third (31%) live with someone over 10 years younger than them**.

Matt Hutchinson, Director of SpareRoom comments: *“People think of having roommates as only a young person’s game, but that’s no longer the case. Older roommates might not be the largest group, but they’re by far the fastest growing. There are two main reasons for this, but both have their roots in affordability. Rents have risen far more over the past decade than salaries, making some people lifelong renters, while other age groups are coming back to sharing, or even sharing for the first time, in their 50s.*

On top of this we’re now seeing the effects the pandemic has had on the rental market and people’s finances. Millions of jobs were lost last year in the US due to COVID-19, meaning many people would

have been forced to scale back their living costs. As housing is usually the biggest expense and sharing is a good way to cut costs, it's no surprise we're seeing a rise in older roommates during this time. It will be interesting to see how this changes in the coming months, now life is beginning to return to normal and industries that had to let go of staff are starting to re-open again."

Notes to editors

*Data taken from a total sample of 422,138 people looking for rooms between 1st January 2018 and 24th May 2021. % change represents proportion of roommates in each age category

**SpareRoom poll taken by 1,560 roommates in May/June 2021

If you want to link to a SpareRoom blog post summarising the above please use this link - <https://blog.spareroom.com/2021/07/07/70-is-the-new-20/>

About SpareRoom

SpareRoom launched across the US in 2016 and has so far has helped over 1.5 million people find a room or a roommate.