

HALF A LIFE AT HOME WITH THE PARENTS

- One in eight adult children who live with their parents could spend half their life living with mum and dad -

- **One in eight (13%) adults people that have always lived with their parents are aged 35-55+. That means people are spending almost half of their expected lifespans (81 years²) if not longer living with their parents**
- **Of those aged 35+ that live with their parents, 40% have never moved out**
- **Over a third (37%) of adult children living at home don't expect to move out in the near future**
- **This could be costing parents a fortune - over half (55%) of parents with adult children living at home said they cover additional costs because of this. On average parents are spending £117 per child each month³**

It's well documented that more grown-up children are now choosing to live at home with their parents for longer⁴. Now, new research from SpareRoom reveals just how much longer that could be: almost half of their lives - if not more.

One in eight (13%) of those who have always lived with their parents are aged 35 to 55+. Currently the average life expectancy in the UK is 81 years. That means people in their mid-to-late thirties have lived with their parents for nearly half of their expected lifespans – while those over 55 have spent more than two thirds (68%) of their lives under their parents rooves. Furthermore, of all of those surveyed aged 35 – 55+, 40% have never moved out of the family home⁵.

Astonishingly, one in two (50%) adult children who currently live at home have never moved out. What's more, 37% don't expect to move out within the next six months, with the likelihood of moving out decreasing after the age of 25.

Whilst living at home and spending time with family is seen (by most) as a positive bonding experience, it has an impact on important milestones outside of the family home for children, not to mention the cost implications for parents.

The majority (55%) of parents with adult children living at home cover extra expenses because of this, with the average parent being out of pocket by £117 per child each month.

The bank of mum and dad, now also known as the hotel of mum and dad, helps pay for their adult children's food (64%), clothes (36%), fuel (25%) and even 'pocket money' for them to socialise with their friends (25%) while they're living at home. Many parents also paid for their subscriptions (20%)



and holidays (23%). Covering mental health and therapy (12%) costs were also on the list of expenditures for parents.

Miriam Tierney, SpareRoom spokesperson comments: “We’ve known for some time that the number of adults living at home with their parents has been rising. The main factor driving that is how expensive housing is, regardless of whether you’re renting or buying. What hasn’t been clear, until now, is just how much of their lives people could be spending in the family home.

There are, of course, plenty of positives to multi-generational living and in many countries and cultures it’s the norm. However, in the UK the trend is clearly being driven by the housing crisis rather than choice and it’s restricting career and social opportunities for a whole generation.”

- ENDS -

Notes to editors

¹Research by SpareRoom through provider One Poll conducted research (June 2021) with 2,000 UK 18-55+ adults currently living with parents. 1007 responded that they have always lived at home with their parents. Of this 131 were aged 35 – 55+, which is 13% or one in eight

²According to the Office for National Statistics, between 2017 – 2019 the life expectancy for males was 79.4 years and for female 83.1 years. The average of this is 81.25 years:

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/lifeexpectancies/bulletins/nationallifetablesunitedkingdom/2017to2019> For example people aged 35 have spent 43% of their expected lifespan with their parents, so almost half. Those aged 45 have spent 55% of their expected lifespan with their parents, so over half. Those aged 55 have spent 68% of their lives living at home

³Research by SpareRoom of 2,000 UK parents of adult children who are living at home on 18/06/21 - 29/06/21, through provider OnePoll

⁴ <https://www.theguardian.com/society/2020/oct/18/boomerang-trend-of-young-adults-living-with-parents-is-rising-study>

⁵Research by SpareRoom of UK Adults currently living with parents (who may have moved back during the pandemic) through provider OnePoll (June 2021). Of 330 respondents aged 35+ in the survey, 131 (40%) said they have always lived with their parents

About SpareRoom

SpareRoom is the UK’s leading flatshare site with over 11 million registered users. Founded in the UK in 2004, the company expanded into the US market in 2011 and has had over 1.5 million registered users.