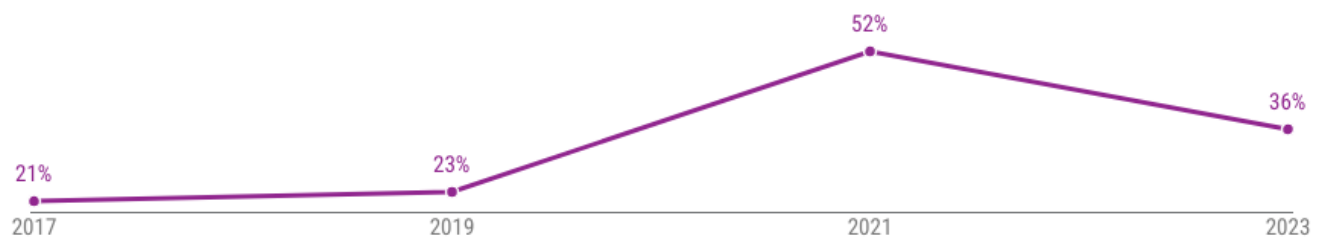


A Third of Region’s Workers Telework at Least Weekly

The [Puget Sound Household Travel Survey](#) has tracked work-from-home trends since before the pandemic. In 2019, almost 25% of workers in the four-county region worked from home at least one day a week. During COVID-19 conditions in 2021, more than half the region’s employees did their jobs from home at least once a week. By 2023, the share of people working from home dropped to 36%.

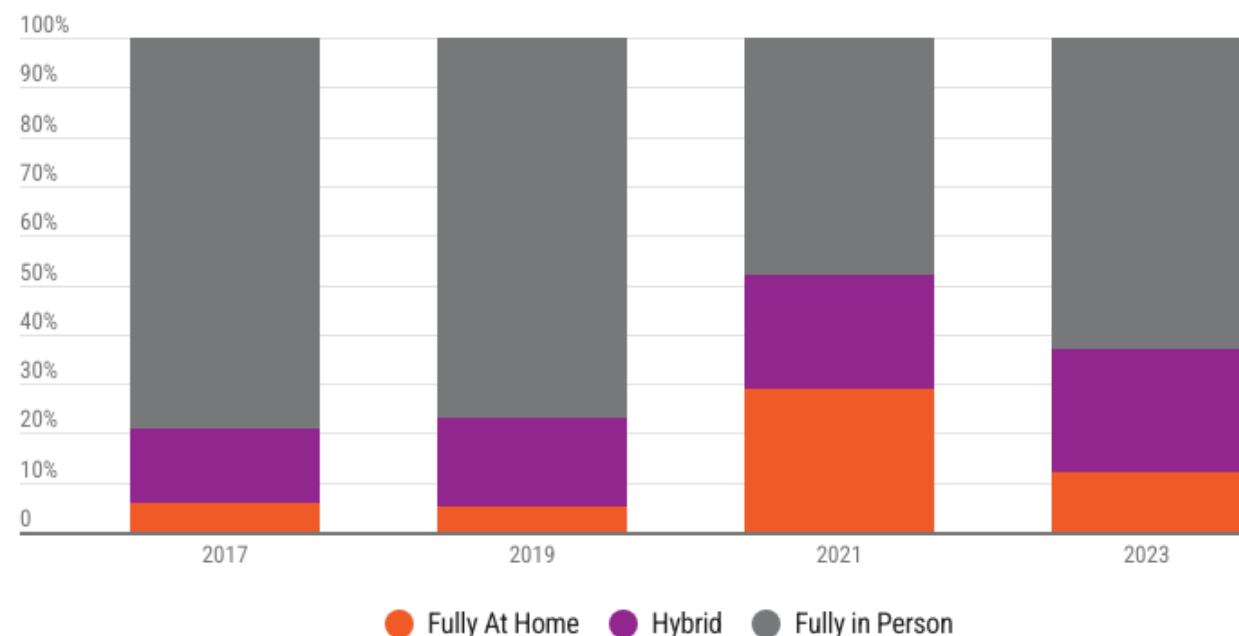
Share of People Working From Home at Least One Day a Week, 2017–2023



A hybrid of commuting and working from home at least once a week was more common in 2019 and 2023 than only working from home.

The share of people who always worked from home in 2023 was smaller than at the pandemic’s peak, but still about double what it was in 2019.

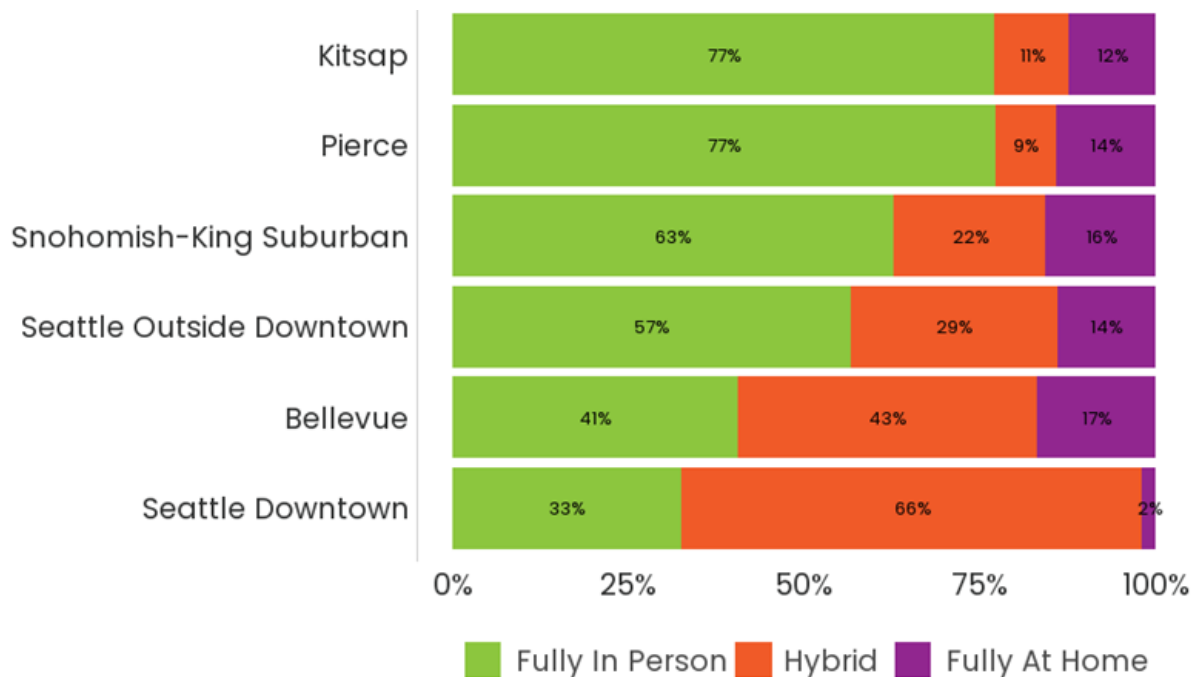
Percent of Workers by Work at Home Pattern, 2017–2023



Working from home varies by location

In Kitsap and Pierce counties, 77% of workers do their jobs fully in person. In contrast, 41% of workers in Bellevue and 33% in downtown Seattle go to their workplaces every day. As far as employees who are fully remote, only 2% of the downtown Seattle workforce always works from home, compared to 12% or more of workers in other parts of the region.

Percent of Workers by Work at Home Pattern and Work Location, 2023



Conclusions

As of 2023, most of the region’s workers (63%) travel to work every day. For the rest of the workforce, a hybrid pattern of going to the office at least once a week is more common than working completely from home.

While working from home peaked during COVID-19 conditions, the share of workers who always do their jobs from home has remained higher than before the pandemic. In 2023, 12% of workers were fully remote—nearly double the share who always worked at home in 2019.

Source for data in this report: PSRC Household Travel Survey Program. [View data from this Trend in a spreadsheet.](#)