

Stamford CT Salaries Relative
to Area Median Income (AMI)
For A Single Adult



low-income	150%	\$156,345 (\$75.16)	Manager Learning & Development \$148,000
	140%	\$145,922 (\$70.15)	
	130%	\$135,499 (\$65.14)	
	120%	\$125,076 (\$60.13)	Construction Project Manager \$125,000
	110%	\$114,653 (\$55.12)	Dental Hygienest \$114,400 Account Executive - Enterprise \$110,000
	AMI	\$104,230 (\$50.11)	Commercial Appraiser \$95,014
	90%	\$93,807 (\$45.09)	Licensed Master Plumber \$93,600
	80%	\$83,384 (\$40.08)	Social Media Specialist \$81,200 Certified Public Accountant \$75,000
	70%	\$72,961 (\$35.07)	
	60%	\$62,538 (\$30.06)	Credentialed Vet Tech \$62,400
very low-income	50%	\$52,115 (\$25.05)	1st Year Stamford Teacher \$50,684 Maximum Social Security retirement benefit \$48,216
extremely low-income	40%	\$41,692 (\$20.04)	Medical Assistant \$47,840 CT minimum wage \$16.25/hr (\$33,800)
	30%	\$31,269 (\$15.03)	
	20%	\$20,846 (\$10.02)	Federal poverty level for 1 person household \$15,060 Maximum SSI benefit for the disabled \$11,604

Stamford AMI Breakdown

2025 Western Connecticut Planning Region covers: Bethel, Bridgewater, Brookfield, Danbury, Darien, Greenwich, New Canaan, New Fairfield, New Milford, Newtown, Norwalk, Redding, Ridgefield, Sherman, **Stamford**, Weston, Westport, Wilton



Stamford's Median Home Value has risen from \$464,644 in February 2017 to \$680,571 in February 2025

**Area Median Income
(1 Person) =
\$104,230**

**Area Median Family
Income (4 person) =
\$148,900**



28% of working families in Stamford struggle to afford the basic cost of living.

The hourly wage needed to afford a 2-bedroom apartment in Stamford is \$50.54.

80% AMI (Low Income)

- 1 person household = \$83,384 / \$40.08 hr
- 2 person household = \$95,296
- 4 person household = \$119,120



1 person earning 80% AMI can afford rent + utilities of \$2084/month (30% of income)

92 Studio/1 Bedroom apartments for rent in Stamford (w/o utilities): \$1175-\$5640

Only 13 units are affordable at 80% AMI

- **Many young couples and families cannot afford to purchase a home in Stamford.**
- **Many older residents struggle to find affordable housing when downsizing in Stamford.**
- **This housing market is inaccessible to those whose only income is from Social Security or a minimum wage job.**
- **Stamford has more housing available for households earning 80% of AMI than most communities in Fairfield County.**