Most people in the Metro Denver Region drive to work alone. Since 2006, driving alone has accounted for about 75% of commute trips.

Source: US Census Bureau
Work from home has increased the most from 2006 (5.6%) to 2018 (9.0%).
From 2017 to 2018, transit decreased from 4.4% to 3.9%, while walking increased from 2.2% to 2.6%.
Most other modes have remained steady.
Vehicle miles traveled (VMT) and RTD boardings declined in mid-March due to increased work from home and other closures caused by the pandemic. However, VMT has recovered more quickly than transit ridership in the Denver Metro Region.

Source: Streetlight Data, RTD Internal Data
Since Stay-at-Home orders were enacted in mid-March, work trips have dramatically declined, while time spent at home has increased in the Denver Metro Region. This is likely due to more people working from home as well as people being furloughed or laid off.