



2025

# ANNUAL REPORT

To help seniors and individuals with disabilities maintain their independence and continue living in their homes.



# LETTER TO SUPPORTERS

Thanks to our incredible staff and volunteers who assist hundreds of seniors all across the seven-county Twin Cities region every week. Each team member cares deeply for our clients' well-being, helping them to remain independent in their own homes. Because of this support, in 2025, Help At Your Door made 7,741 food deliveries and provided 5,822 rides for older adults and people with disabilities residing throughout the seven-county Twin Cities metro area.

As our population ages, services for seniors have become increasingly essential. In the year ahead, we will explore opportunities to thoughtfully extend our core services beyond food and household essentials deliveries, advancing our mission to enhance opportunities for aging adults to live independently.

As these plans take shape, we will share more details. In the meantime, thank you to everyone who has supported Help At Your Door, past and present. Because of you, the well-being of our community's growing senior population remains our highest priority.

— **Karen Cotch**, Executive Director



# ABOUT US

For more than 40 years, Help At Your Door has supported seniors across the seven-county Twin Cities metro in living independently and confidently at their home of choice by ensuring access to nutritious food, rides, personal connections, and a helping hand.

Through grocery assistance, home support (cleaning and repairs), and transportation services, we strive to make daily life easier, improve well-being, and respond to the unique needs of each client, their family, and caregivers.

Our vision is a community where aging is a positive experience. We are deeply grateful to our volunteers, whose generosity and dedication brighten the lives of local seniors every day.

## MISSION

**To help seniors and individuals with disabilities maintain their independence and continue living in their homes.**



# INSIGHT INTO OUR AGING POPULATION

## Who We Help

**76%**

Live alone

**72%**

Are over the age of 75

**67%**

Have incomes within federal poverty levels



### Population Growth:

By 2030, it is projected that 1 in 5 Minnesotans will be age 65 or older.

*Source: Minnesota State Demographic Center*



### Living Arrangements:

About 75% of seniors prefer to age in place, meaning they want to remain in their homes.

*Source: AARP Research*



### Health Status:

Approximately 40% of older adults in Minnesota have at least one chronic condition, such as heart disease or diabetes. *Source: Minnesota Department of Health*



### Social Isolation:

Nearly 30% of older adults live alone, which can significantly impact health. *Source: Age-Friendly Minnesota*

# MARIAN'S STORY: INDEPENDENCE DELIVERED



Everyday activities, such as buying groceries or going to the doctor, can quickly become obstacles for many older adults. Changes in vision, mobility limitations, and the loss of driving independence can make routine tasks difficult to manage. That's where Help At Your Door steps in, offering friendly and practical support.

Marian, a senior in the Twin Cities, lives with macular degeneration, which has made driving impossible.

"I had to give up driving, which was the hardest thing I've ever had to do. If I didn't have Help At Your Door, I couldn't get groceries as easily," she shares.

Through Help At Your Door's grocery assistance, Marian places her orders by phone, and the team shops, delivers, and helps put food and other essential items away. From lifting heavy bags to organizing items for easy reach, staff provide a personalized approach that helps her maintain her independence at home.

**It's a huge help. It's as close to shopping by myself as I can get," Marian says. "They take the time to get to know and understand your needs."**

Transportation support is another vital part of Marian's routine. A trusted Help At Your Door driver takes her to appointments, runs errands, and even waits while she completes tasks, with the option to bring a friend along for company.



"The drivers are wonderful. The first one I had even shared stories about his life during my eye appointment, and I really enjoyed his companionship," Marian recalls.

The service isn't just about getting groceries or going from place to place; for Marian, it's about feeling cared for and understood.

"The people in the office are wonderful. They're all good people, honest, friendly, and helpful. I have no complaints of any kind," she says. "I'm impressed with how friendly and efficient the staff is. Everything is delivered on time."

Help At Your Door is more than a service – it's a lifeline. By providing consistent, compassionate care, the team ensures her daily life remains manageable and connected. Her story reflects the heart of Help At Your Door's goals: supporting older adults with personalized, reliable service that preserves independence, dignity, and peace of mind in every delivery and ride.

Learn more about our services:  
[helpatyourdoor.org](https://helpatyourdoor.org)



## Grocery Assistance



## Transportation



## Home Support



We pair clients with volunteers who take their grocery orders over the phone. After the groceries are shopped, we deliver them to the clients' kitchens and assist with putting them away.

We provide individualized, door-through-door service to and from appointments, errands, and more – helping clients stay connected to their community and maintain their independence.

We assist clients with indoor and outdoor light home projects, ensuring they are living in a comfortable environment. Projects range from painting and changing light bulbs to yard cleanup.

# 2025 IMPACT



**7,741**

food deliveries



**5,822**

rides given



**296**

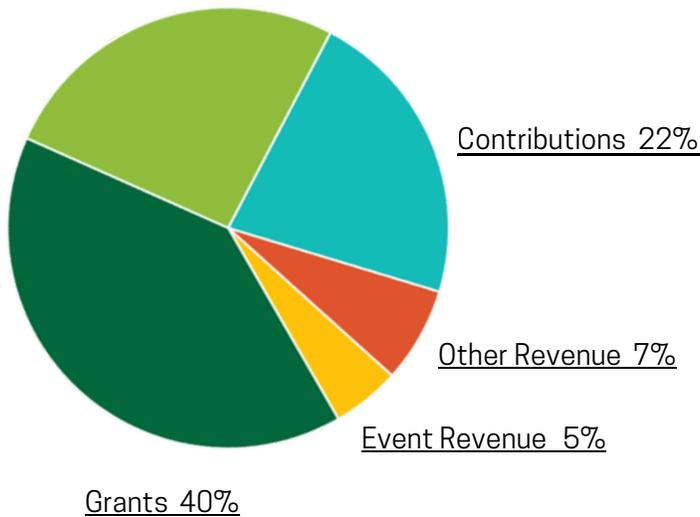
home projects completed



**30,431** personal connections **755** clients served

# 2025 FINANCIALS

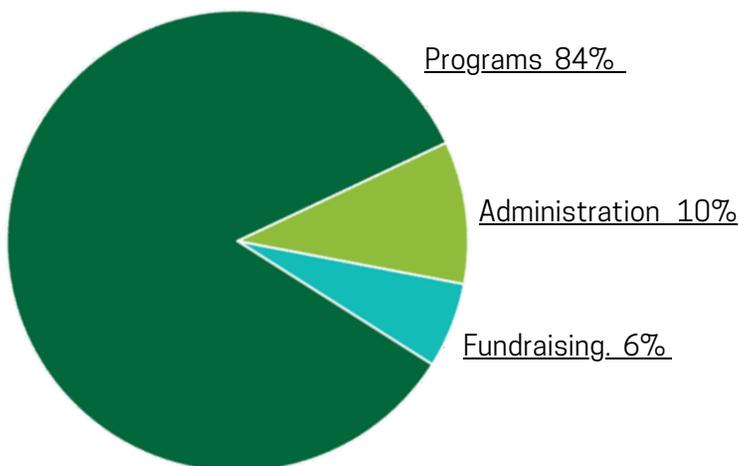
Earned Revenue 26%



## REVENUE

Grants	\$381,399
Earned Revenue	\$245,917
Contributions	\$213,774
Other Revenue	\$65,536
Event Revenue	\$45,081
<b>Total Revenue</b>	<b>\$951,707</b>

Programs 84%



## EXPENSES

Programs	\$711,524
Administration	\$83,695
Fundraising	\$55,619
<b>Total Expenses</b>	<b>\$850,838</b>



Make an impact, contact:  
[donation@helpatyourdoor.org](mailto:donation@helpatyourdoor.org)

# LEND A HAND

## Volunteer Opportunities

**We are in urgent need of volunteer drivers to provide rides and grocery drivers who help seniors receive food and other essentials.** These vital roles ensure our clients can access the services they need to live independently. Along with these key positions, we offer a variety of other volunteer opportunities. Learn more: [helpatyourdoor.org](https://helpatyourdoor.org)

## Donations

Donations of any amount help—whether one-time, monthly, or in honor of someone special, a gift can allow us to expand our programs and create new opportunities for seniors.

## Corporate Giving

Through initiatives like matching gift programs and sponsorship of our annual spring event, local businesses can play a key role in supporting our mission while enhancing its commitment to social responsibility and fostering community engagement.

2025



203

volunteers  
gave

15,137

hours of  
their time



# THANK YOU

to our volunteers, donors, partners, and supporters. We are grateful for your help in making aging a positive experience.

Special thank you to:



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Legal Council



Stevens Square Foundation  
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