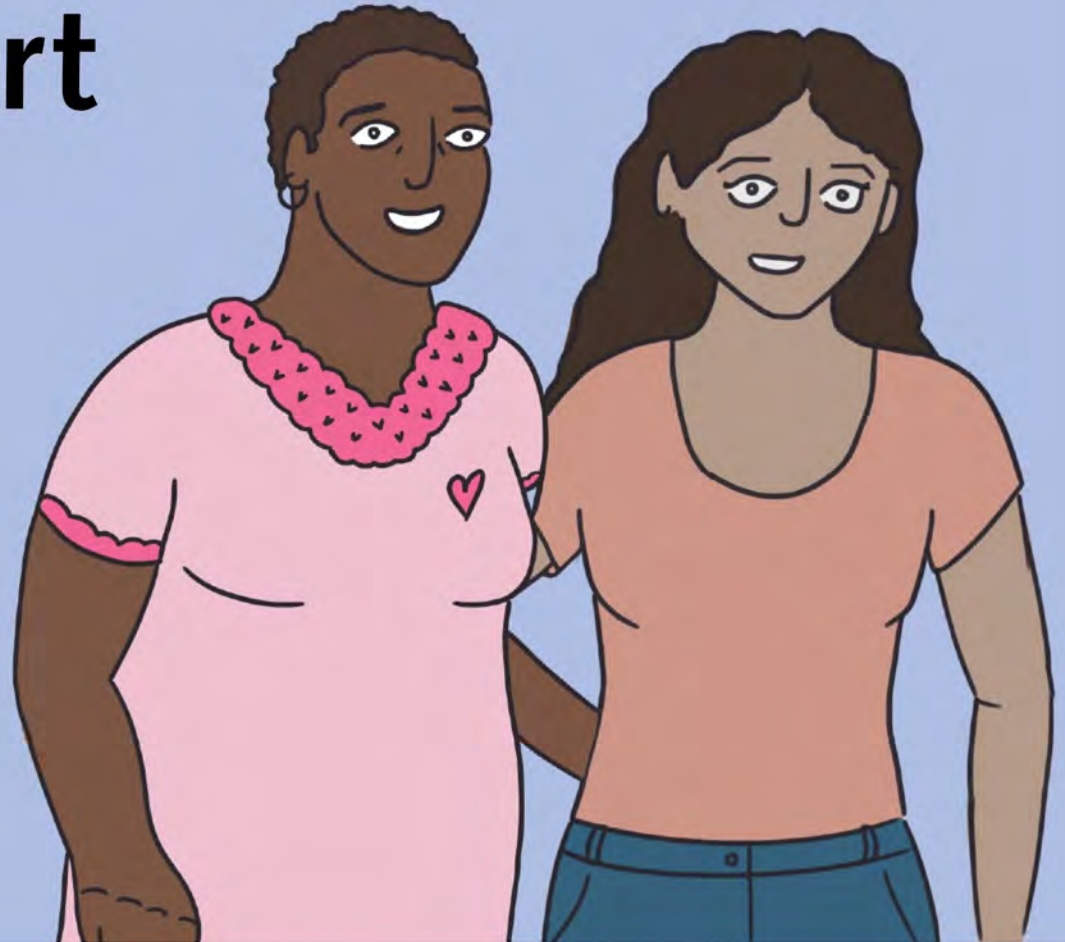




Barrier Free Living

# Impact Report

2023–2024



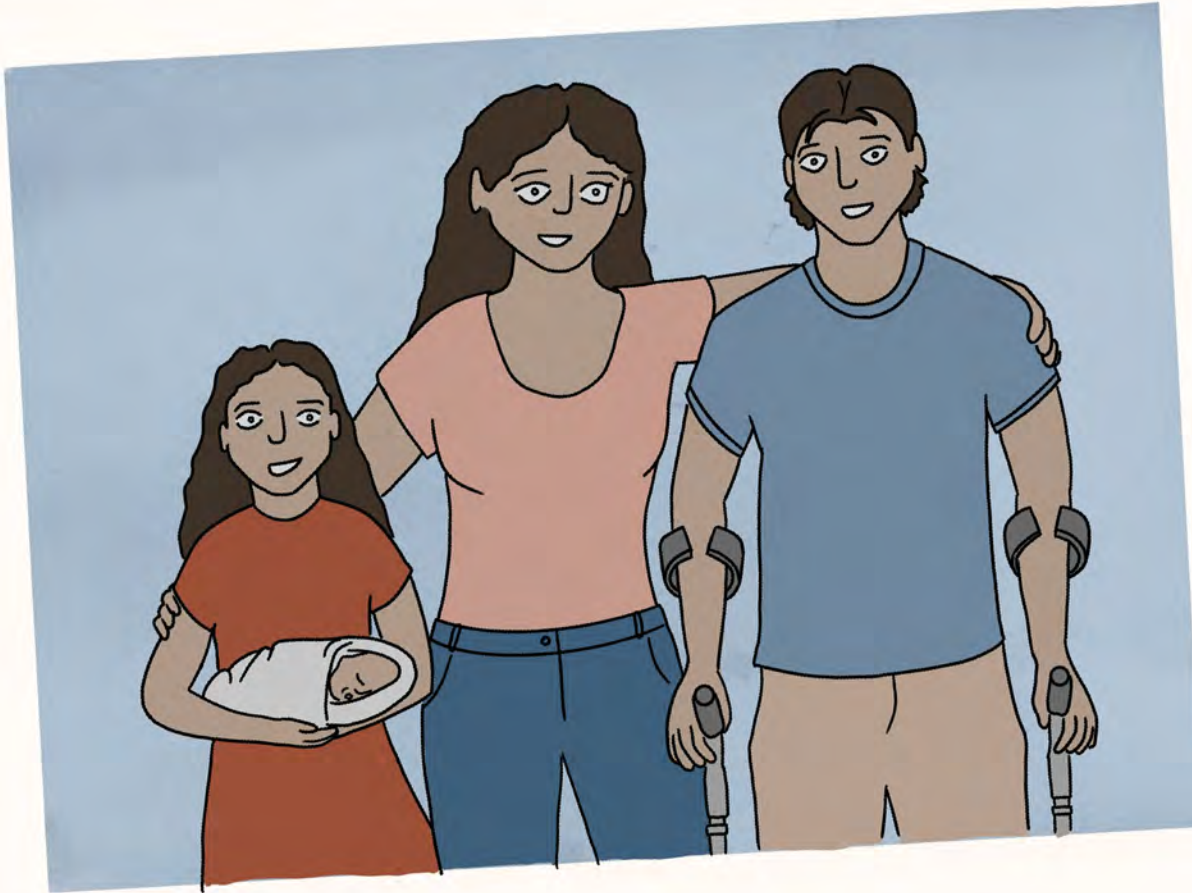


*Welcome*



Barrier Free Living's mission is about growth, change and empowerment. In our story-focused impact report, we will introduce you to two survivors, **Olive and Angel** who experienced immense change working with our teams.

## Meet Olive and her Family.



BFL served 899  
clients in 2024

899

$\frac{1}{3}$

One-third of whom  
were the children  
of those fleeing  
domestic violence.



Upon arrival at

Freedom House

New residents meet with a clinical staff member to discuss their immediate needs and safety concerns for themselves and their children.

Survivors receive emergency assistance, as well as a "welcome kit" for their new private living space, including essentials like pots, pans and sheets. The team works with them to ensure they have the support necessary to focus on their healing journey.

# Rinse Supports Freedom House Survivors



"Clean clothes are more than just a necessity – they're a source of comfort, confidence, and a fresh start. Through our partnership with Barrier Free Living, Rinse Rise is proud to provide laundry care for survivors taking courageous steps toward independence. We look forward to continuing this work and expanding our impact in the community."

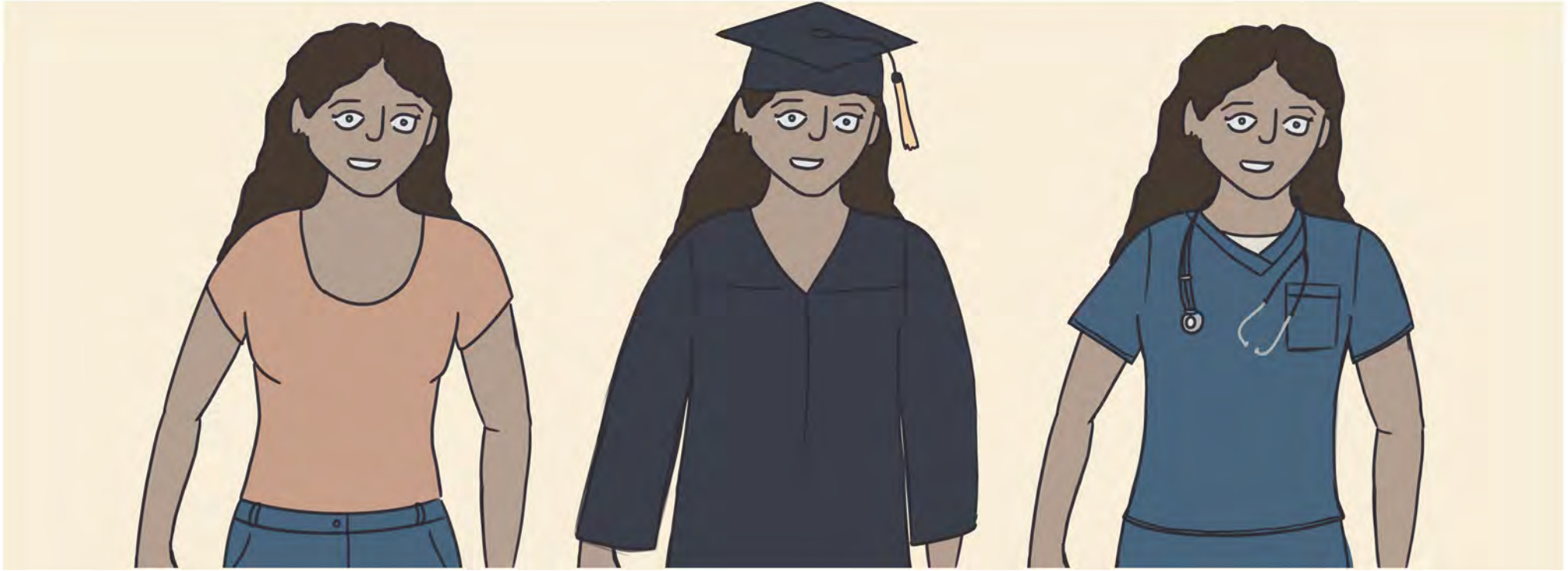
[More about Rinse](#)



Volunteer tutors host  
Science Fair for BFL



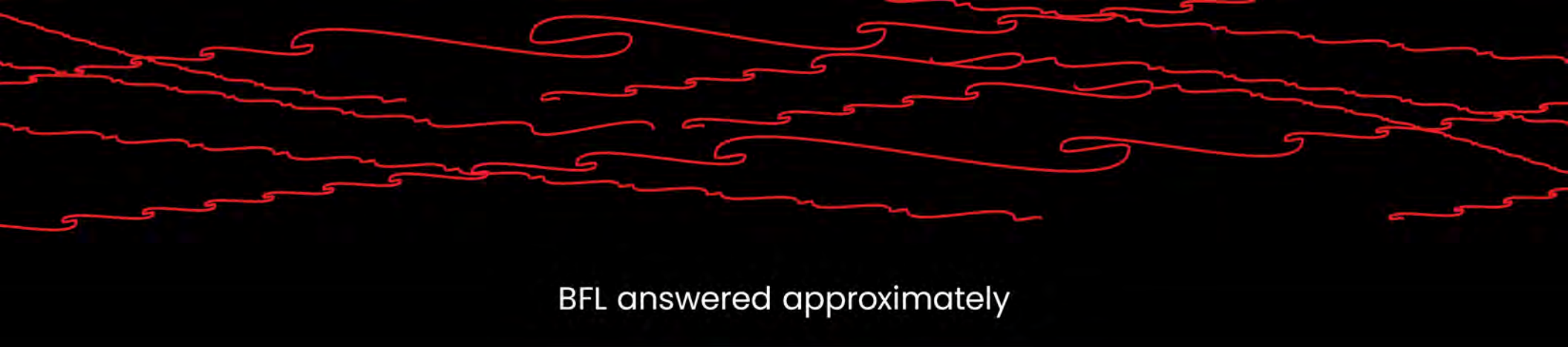
Working with her case manager and the OT team, Olive returned to school and eventually fulfilled her dream of becoming a nurse.



Between September 2023 and June 2024,  
BFL placed **23 people** into permanent housing.

## Meet Angel






BFL answered approximately

775

domestic violence  
hotline calls in 2023.





ESTÉE  
LAUDER  
COMPANIES

Angel

Angel attends a workshop led by volunteers from Estee Lauder

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### Discover Your

Goals

### Build Confidence for Your Next Interview.

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At the workshop, Angel learns things like what to prepare before the interview - understanding company culture, role expectations and how to effectively articulate your skills.



Barrier Free Living (BFL) Apartments opened in the summer of 2015 offering

Permanent

homes with support services. Tenants build community working with the occupational therapy team, and during building events.



Angel creates a t-shirt sharing her own empowering message of hope, finding community and camaraderie at BFL's annual clothesline project event.



[Watch the Video »](#)

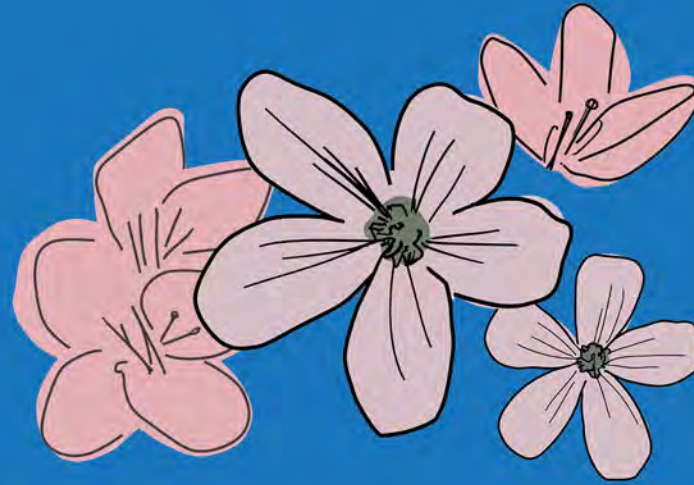


Angel becomes a key member of the garden club which hosts healthy cooking workshops and community events.



The garden club is made possible through a grant from The City Gardens Club of New York City.

"As we reflect on the past year, Barrier Free Living's Annual Report highlights stories of service that illustrate the organization's impact on the communities we serve. In the previous pages you read about how our programs have assisted hundreds of survivors with disabilities to live dignified lives free from abuse. While this report celebrates BFL's accomplishments of the past year, it also looks toward the future of our organization as we strive to fulfill our vision of a barrier-free world."



### We celebrate advocacy.

BFL continues to be a leading voice advocating for survivors of domestic violence with disability and working to achieve systematic change. In 2023–2024, our dedicated advocates shared their expertise throughout the United States by training over 1,000 advocates, service providers, and professionals to serve survivors with disabilities more effectively. Through this outreach, BFL continues to increase awareness and to support organizations nationwide in becoming more inclusive, accessible, and trauma informed.

### We celebrate growth.

BFL stood with over 900 survivors in 2024, ensuring that disability was never a barrier to safety. BFL continues to undertake strategic initiatives to increase our service capacity and reach more survivors than ever before. BFL also began construction of Freedom Village, a unique supportive housing residence for survivors of domestic violence and the frail elderly, that will open by year-end. This groundbreaking initiative exemplifies the remarkable outcomes achievable through collaboration between nonprofit and private sectors and underscores BFL's unwavering commitment to create environments that promote healing, safety, and independence.

## We celebrate community.

In 2023, BFL launched its first annual fundraiser, bringing together supporters, community partners, and advocates to celebrate our mission and recognize the individuals who make it possible. In 2024, BFL received its own recognition as a semi-finalist for a NYC Imagine Award—a testament to our unwavering dedication to serve all survivors. We also recognize our incredible volunteers.

## We celebrate service.

After nearly a decade of visionary leadership and service, Jerry Francese, transitioned from his role as Chair of the Board of Directors. We are all grateful for his dedication to our organization and for his continued involvement with BFL as a board member and mentor to a new volunteer leadership team. I am humbled by the opportunity to lead our Board of Directors and to build upon the foundation that Jerry and our dedicated team of volunteers have built throughout BFL's nearly 50-year history.



## We celebrate resilience.

Through adversity and triumph, the resilience of the clients we serve continues to inspire our work. Each story of survival and strength reaffirms our commitment to our mission and values. Inside this report, we share data, impactful stories, and moments of transformation—all made possible by your continued support.

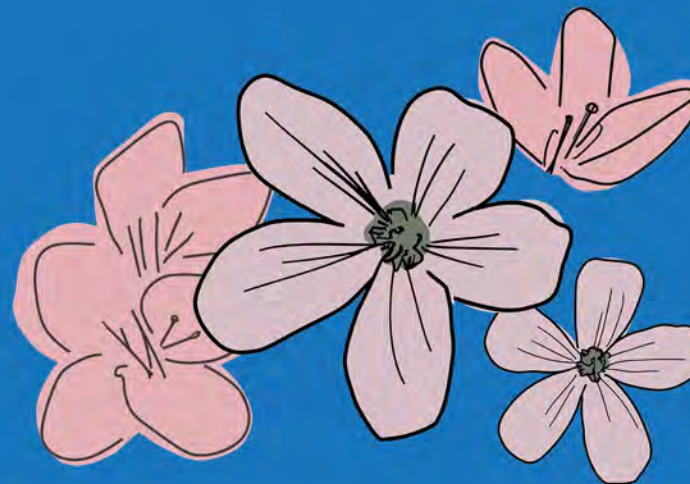
**Your dedication to BFL continues to make our work possible. Thank you for standing with us as we continue to break barriers and build futures.**

**Cynthia Amodeo,**

Chief Executive Officer  
and

**Robert C. Foote III, Esq.,**

Chairman of the Board of Directors



### Barrier Free Living

Cynthia Amodeo, LMHC, Chief Executive Officer

Diana Turner, Chief Program Officer

Thea Cook, Executive Assistant

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Ray Li

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Lenore Neier

Corinna Kwok Wong, Treasurer

Emily Bell

# Finances

## Assets

## Liabilities

Current	6,359,348.00		1,652,161.00
Operating Lease	906,728.00	Notes Payable	8,326,039.00
Deferred Charge	6,219,215.00	Operating Lease	893,519.00
Property & Equipment	2,988,385.00	Net Assets	5,601,957.00
Total Assets	16,473,676.00		16,473,676.00

### A Note of Thanks

Barrier Free Living is grateful to all of our generous donors, from our in-kind supporters and volunteers, to our corporate sponsors and individual gift donors. It is with your incredible support that we are able to continue to do the critical work we do with survivors of domestic violence with disabilities.

[Learn more about our fundraising events, and how to make a difference.](#)

## Credits

This impact report was designed in collaboration with the Graphic Design program at the University of New Haven

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