

2019 Year End Report

Helping adults achieve independence through mobility.



FREE
Foundation for
Rehabilitation Equipment
& Endowment

www.free-foundation.org



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Overall Impact & Outcomes



F.R.E.E.
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2019 was F.R.E.E.'s *most* successful year ever! Compared to 2018, F.R.E.E. gave 24% more pieces of equipment to 12% more people in 2019.

Of those individuals served by F.R.E.E., 98% stated they were able to remain in their own homes.

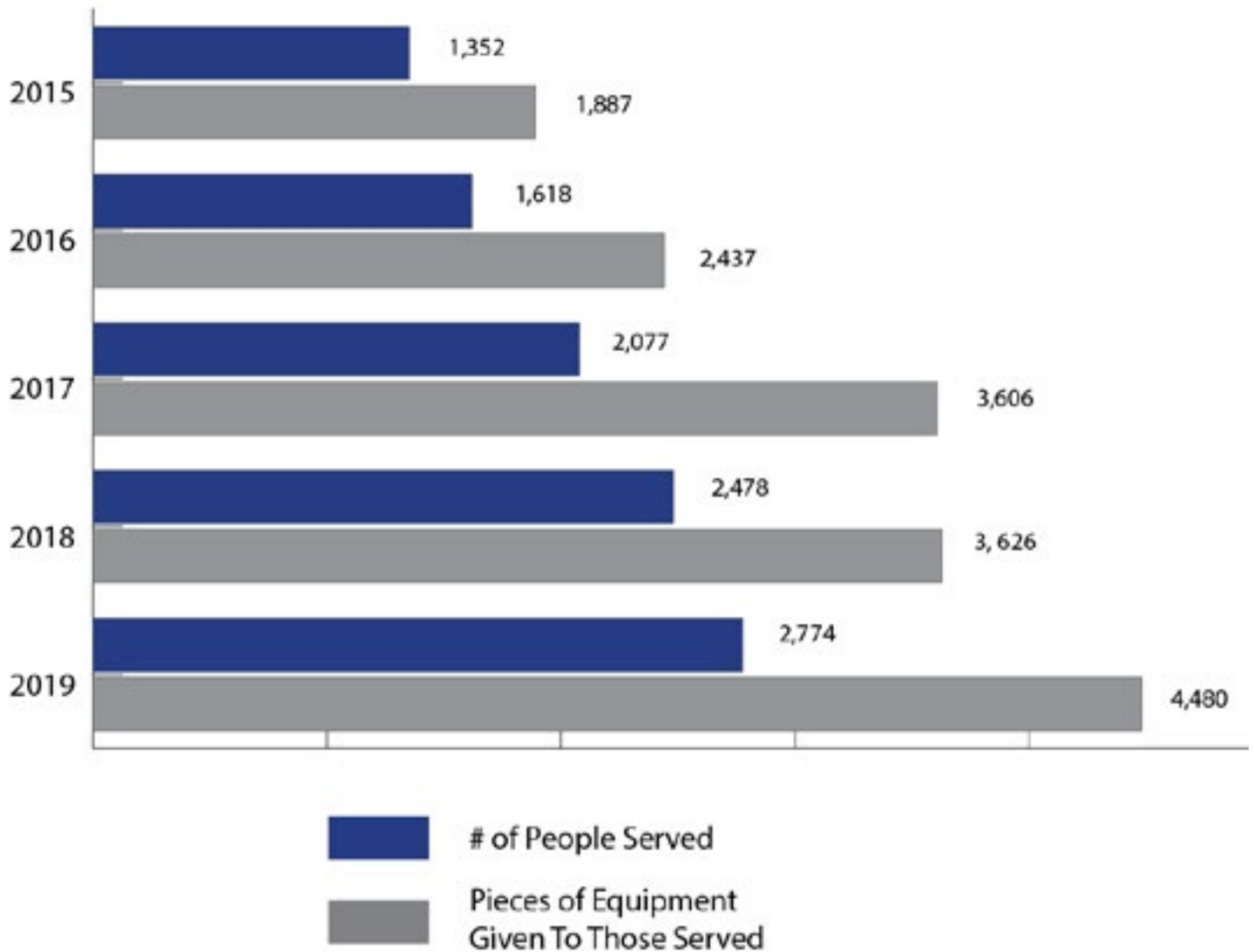
Without this equipment 453 people specifically stated they would have been displaced from their homes.

- 106 stated that they would have had to go to a Skilled Nursing Facility.
- 89 stated that they would have had to go to an Assisted Living Facility.
- 258 stated that they would have had to move in with a family member.

Overall Impact & Outcomes

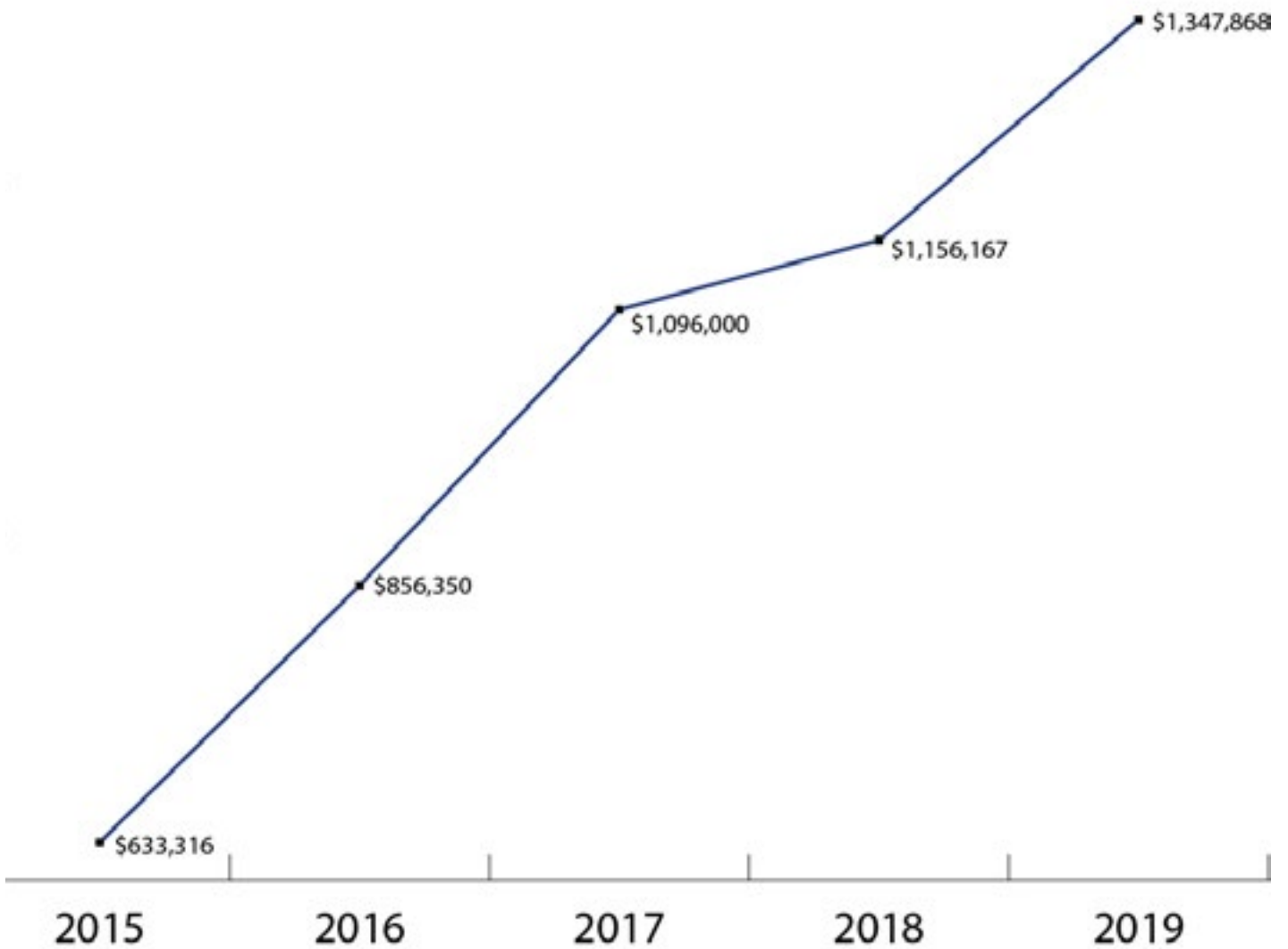
Service Data is as follows:

Overall F.R.E.E



Overall Impact & Outcomes

\$ Value of Equipment Given



F.R.E.E. Outcomes

F.R.E.E. continues to significantly impact the lives of the individuals we serve as well as the communities where these individuals reside. In 2019, the F.R.E.E. Foundation maintained our goal of at least 80% in service outcomes.

	2015	2016	2017	2018	2019
Greater Independence	97%	94%	97%	98%	96%
Decreased Falls	89%	90%	92%	95%	97%
Decreased ER Visits	94%	96%	97%	97%	96%
Decreased Hospitalizations	94%	94%	96%	96%	97%

Our clients reported experiencing:

- 1587 falls before services reduced to **ONLY** 48 after services.
- 1140 ER visits before services reduced to **ONLY** 40 after services.
- 1100 Hospitalizations before services reduced to **ONLY** 35 after services.

"I haven't fallen at all since I received my equipment from FREE!"

These outcomes translate into over \$27 million in cost savings to Virginia due to avoided hospital re-admissions, avoided ER visits with ambulance services due to injuries from falls, avoided doctor visits related to falls and immobility, avoided premature skilled nursing home and assisted living admissions, and avoided caregiver job loss. For every dollar invested in F.R.E.E., \$88 is saved in community medical costs. The impact of recycling and reusing rehabilitation equipment is significant!

F.R.E.E. Outcomes

Disaster Relief Efforts - F.R.E.E. of Virginia in partnership with Virginia Department for Aging and Rehabilitative Services, Virginia Assistive Technology System, and Virginia Department of Emergency Management has developed three full-service durable medical equipment “Shelter Kits” in preparation for disaster relief in Virginia. These shelter kits will be provided to Virginia Department of Emergency Management shelters who will house individuals with disabilities during crisis. This vulnerable population often must leave behind their assistive devices during emergency evacuations. Without their equipment, caring for them in emergency shelters is problematic. Now they will have replacement equipment making this difficult time easier.



F.R.E.E. of Virginia has begun working with local Paramedicine programs to reduce falls. Many Fire and Rescue squads experience emergency calls every day to help community residents with “lift assists” for frequent falls. Assistive devices are one of the top six ways to decrease and prevent falls, fall injuries, and help adults with disabilities remain safe, independently at home. The data F.R.E.E. has collected supports the evidence that assistive devices reduce falls.

Impact And Outcomes By Program

Because of many dedicated and compassionate volunteers, along with a handful of caring and energetic paid staff, each F.R.E.E. program has made a substantial impact in their own communities and each in their own unique way.

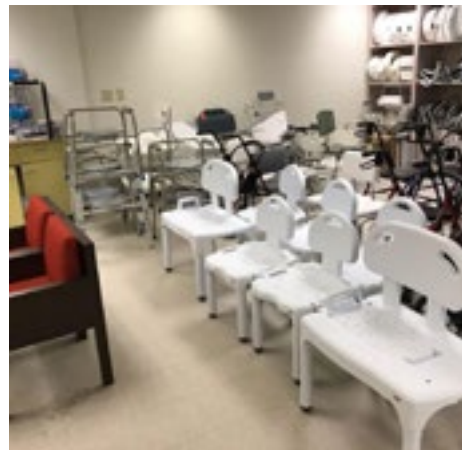
F.R.E.E. of Lynchburg continues to operate out of donated space via Centra Health. This program partners with Goodwill of the Valleys, receiving equipment donations, and has made strides to build community relationships. Centra Health System and Liberty University are among vital partners. Natasha Claytor serves as the program volunteer leader. Centra Foundation and the Greater Lynchburg Community Foundation support this thriving program. Local equipment closets are located at Guggenheimer Health and Rehab, Lynchburg General Hospital, and Virginia Baptist Hospital.



	2015	2016	2017	2018	2019
# of People Served	127	285	363	379	465
Pieces of Equipment	159	390	489	503	644
\$ Value of Equipment	\$64,843	\$127,202	\$140,229	\$151,954	\$191,851

Impact And Outcomes By Program

F.R.E.E. of Northern Shenandoah Valley continues to partner with Valley Health System, who donates program and storage space as well as consistent medical professional volunteers. This program has made significant efforts to build relationships with the community as evident by new partnerships with Blue Ridge Hospice, Shenandoah University, and area consignment stores which now donate equipment to F.R.E.E. Heather Buonocore, PT, Winchester Medical Center serves as the program volunteer leader. American Woodmark and the North Shenandoah Valley Community Foundation partner to support this growing program. Winchester Medical Center houses an equipment closet for quick discharges. This has been NSV's BEST year ever!



	2015	2016	2017	2018	2019
# of People Served	136	148	169	376	575
Pieces of Equipment	215	227	252	634	1122
\$ Value of Equipment	\$56,371	\$62,382	\$75,464	\$198,953	\$360,420

Impact And Outcomes By Program

F.R.E.E. of Richmond serves our state capital region from its donated office space located in the main distribution center of Goodwill of Central Virginia. Through a unique collaboration with the James River Rotary Club, F.R.E.E. of Richmond is able to pick up equipment to be donated and deliver equipment to those in need with no means of transportation. VCU Occupational Therapy students volunteer clinical time here, led by Tony Gentry, OTR. This program has worked hard to meet the needs of Sheltering Arms Rehabilitation, Bon Secours, and Chippenham Hospital. Sheltering Arms Foundation continues to invest in the success of this program. A new relationship with the City of Richmond helps to connect hospital bed gifts to residents in need.

“With my equipment, I can now safely take a shower without help.”



	2015	2016	2017	2018	2019
# of People Served	378	434	601	567	487
Pieces of Equipment	555	687	911	724	673
\$ Value of Equipment	\$225,683	\$308,445	\$337,479	\$279,764	\$217,855

Impact And Outcomes By Program

F.R.E.E. of Roanoke continues to operate as a program as well as the Statewide Headquarters. This dual identity is double work for the very devoted and dynamic F.R.E.E. board of directors. Goodwill of the Valleys provides both equipment donations and low-priced program space. Carilion Radford University OT students volunteer clinical time. The addition of an equipment technician helps support equipment sanitation and repairs. Carilion Clinic, Lewis Gale Hospitals, The Roanoke Women’s Foundation, and The Community Foundation Serving Southwest Virginia partner with F.R.E.E. of Roanoke overcoming the unmet needs throughout southwest Virginia. An equipment closet is located at Carilion Clinic Rehabilitation.

“Today, my wife and I went to the grocery store together for the first time in years.”



	2015	2016	2017	2018	2019
# of People Served	454	494	587	621	733
Pieces of Equipment	643	803	856	948	1296
\$ Value of Equipment	\$185,015	\$232,705	\$272,107	\$284,235	\$355,733

Impact And Outcomes By Program

F.R.E.E. of Williamsburg partners with Goodwill and operates out of in-kind space from Sentara Williamsburg Medical Center. William and Mary College provides student volunteers. This program has a vast pool of volunteers including the United Way day of caring, the local sewing guild, and local churches. F.R.E.E. of Williamsburg partners with pre-orthopedic surgery and Sentara Home Health providing resources to their patients. Williamsburg Health Foundation and Williamsburg Community Foundation provide funding partnerships with this program. An in-patient Occupational Therapist with Sentara Health System, Kelly Ptachick, serves as the local program volunteer leader. This program had a dip in service in the first half of 2019 but has bounced back with additional community outreach. F.R.E.E. of Williamsburg is well equipped with inventory to serve the community.



	2015	2016	2017	2018	2019
# of People Served	68	109	169	264	232
Pieces of Equipment	90	158	328	429	361
\$ Value of Equipment	\$34,814	\$73,583	\$113,341	\$144,800	\$119,140

Impact And Outcomes By Program

F.R.E.E. of South Hampton Roads (SHR) has served its community via space in Virginia Beach (donated by Sentara Healthcare). This space has given F.R.E.E. SHR a more visible space in a community where it is needed. The Sentara Foundation, Reisert Foundation, and the Hampton Roads Community Foundation are funding partners investing in our mission.

Due to the vast geographic area, equipment closets are spread throughout the seven cities:

- Norfolk General Sentara (Norfolk)
- Sentara Chesapeake General
- Sentara Obici (Suffolk)
- Bon Secours DePaul (Norfolk)
- Bon Secours Maryview (Portsmouth)



	2015	2016	2017	2018	2019
# of People Served	189	148	188	271	283
Pieces of Equipment	225	190	246	388	384
\$ Value of Equipment	\$66,591	\$52,033	\$78,960	\$96,461	\$102,869

Special Gratitude To Our Funders And Supporters:

Virginia Department for Aging and Rehabilitative Services

Virginia Assistive Technology System

Virginia Reuse Network

Goodwill of Virginia, Goodwill of the Valleys, Goodwill of Central Virginia

Carilion Clinic Community Outreach

Centra Health Foundation

Williamsburg Health Foundation

Williamsburg Community Foundation

Sheltering Arms Fund

Sentara Foundation

Hampton Roads Community Foundation

The Community Foundation of Richmond

Sam and Marion Golden - Helping Hands Foundation

The Roanoke Women's Foundation

The Community Foundation Serving Southwest Virginia

The Greater Lynchburg Community Foundation

American Woodmark Foundation

First Friday's at 5 Charities

Many individual donors through the United Way, Neighborhood Assistance Program, RV Gives, Amazon Smiles, and rehab equipment donors.

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