

Safety Adds Value

- Your bathroom is the most visited room in your home. Experts say that an upgraded bathroom adds value to your home at resale time.
- A bathroom fit for all ages increases the market potential.
- Renovation time is the best time to make changes that will suit everyone, from children to older adults, with or without activity limitations.
- By choosing flooring, tubs, showers and lighting fixtures with features that meet the needs of all family members, the life and usefulness of the room is extended and allows for “aging in place.”
- The idea of safety for all ages is gaining popularity with people who plan to stay in their own homes as they grow older.



Photo courtesy of Moen Inc.

Safety can be Stylish

Bathrooms can be safe, stylish and functional for all ages, even with the addition of safety equipment such as grab bars. Many new products are available without giving your bathroom an institutional look.

When you remodel, ask for the features you want. You have the power: consumer demand drives what suppliers will sell.

If you do not see something you like in mainstream plumbing stores, a wide variety of attractive products are available at home health stores as well as online at places like:

- www.kohler.ca/bold-independence/product-solutions
- www.moen.com/about-moen/brands/home-care
- www.invisiacollection.com



Photo courtesy of HealthCraft Products Inc.

Bathroom Checklist

- ☐ Add colour contrast between the floor, the walls and the fixtures to help with depth perception.
- ☐ Round counter top edges to reduce sharp corners.
- ☐ Avoid polished stone or floor tiles to reduce the risk of slipping.
- ☐ Select lever type door handles or use pocket doors.
- ☐ Install grab bars or add reinforcement behind the walls for the future.
- ☐ Look for low-threshold tubs for easy entry and exit.
- ☐ Choose tub and shower stalls with non-slip surfaces.
- ☐ Install a threshold-free shower with an option for seating.
- ☐ Use shatter-proof safety glass in shower doors.
- ☐ Use a shower head with a hand held sprayer on a sliding bar that moves up and down.
- ☐ Choose single lever faucets which can be used with one hand.
- ☐ Consider anti-scald faucets to control hot water temperature.
- ☐ Choose a raised toilet seat, 16 to 18 inches high for extra comfort.
- ☐ Leave a minimum of 18 inches of space in front of the toilet for easy transfers.
- ☐ Task lighting on either side of the mirror reduces glare.
- ☐ Motion sensors can be installed so the lights come on when entering the room.
- ☐ Select rocker type light switches.

Funding Sources & Rebates

Before you start, find out if you qualify for funding or rebates. Call or visit these websites for more information.

Ontario Healthy Homes Renovation Tax Credit

www.fin.gov.on.ca

Key word: healthy homes tax credit

1 - 800 - 337 - 7222

Canada Mortgage and Housing Corp.

Home Adaptations for Seniors'

Independence Program

www.cmhc-schl.gc.ca

Key word: home adaptation

1 - 800 - 668 - 2642

Canada Revenue Agency

www.cra-arc.gc.ca

Key word: medical expenses

1 - 800 - 959 - 8281

Ontario March of Dimes

www.marchofdimes.ca

Key word: home and vehicle modification

1 - 877 - 369 - 4867

Veterans Affairs

www.vac-acc.gc.ca

Key word: Veterans independence

1 - 866 - 522 - 2122



Photo courtesy of HealthCraft Products Inc.

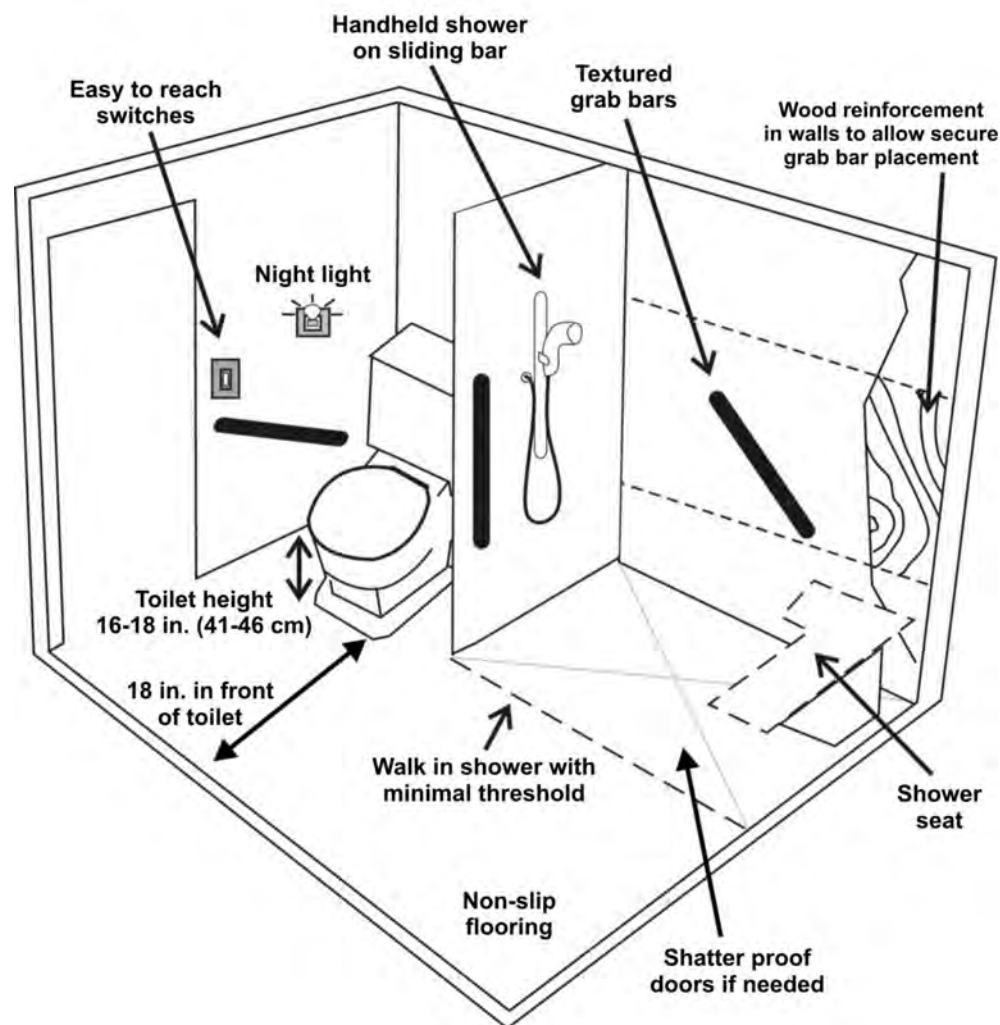


Photo courtesy of Moen Inc.



Photo Courtesy of Kohler Inc.



Grab Bars

- Install ¾ inch wood reinforcement in walls to position and secure grab bars.
- Consider 3 grab bars: 1 near the toilet and 2 inside or near the shower.
- Choose grab bars with a textured grip.
- Make sure grab bars are installed to product specifications.

For more planning help:

- Consult an Occupational Therapist, in Hastings & Prince Edward: Quinte & District Rehabilitation www.quinterehab.com
- Canada Mortgage & Housing: Accessible Bathrooms, www.cmhc-schl.gc.ca

Did you know . . .

- Investing in safety upgrades now can lead to greater savings later.
- A safer home can improve your resale value.
- A safer home can work for your family at every age and stage of your life.



Get more design ideas for:

- stairs • flooring • lighting
- throughout your home, in the:

Simply Safer is Simply Smarter How to Build or Renovate for a Safer Home

For more information, contact:

Hastings & Prince Edward Counties Health Unit

Tel: 613-966-5513 ext. 238

Toll Free: 1-800-267-2803

TTY: 613-966-3036

Email: cgoodall@hpechu.on.ca

Web: www.hpechu.on.ca

Sources:

Canadian Centre for Occupational Health and Safety, Canada Mortgage and Housing Corporation, National Association of Home Builders, Ontario Building Code, University of Ottawa Community Health Research Unit

Health Unit



Hastings & Prince Edward Counties

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Simply Safer Is Simply Smarter Bathroom Renovation Guide



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Design & Product Ideas to Make Your Bathroom Safer