

# Home **Safety** Guide



**EasyCare**  
BATH & SHOWERS

Is Your Home  
**“Fit For Your Future?”**



Making **simple changes** to your home can be the most effective thing you can do to remain independant and comfortable in your own home (saving you tens of thousands of dollars).

800-826-6790

[www.EasyCareBath.com](http://www.EasyCareBath.com)



*EasyCare*  
BATH & SHOWERS



# SENIORS:

## You Can Avoid a Life of Chronic Headaches, Back and Hip Pain, Sleepless Nights and Limited Mobility.

As your needs change and as you age, the more vital it is to your welfare that your bathroom adapts to your needs. It isn't just a matter of safety and convenience. Bathrooms and stairways are often the place where life-changing falls can occur. Once damage is done, expensive medications, treatments, and surgeries can never fully replace what's lost. More people than ever are suffering from chronic pains and conditions through a lifetime of experiences, and this makes the dangers of wet floors and entering and exiting baths and showers all the more dangerous. The trend of accidents from falls is increasing, and the remedy is usually to search for pills, treatments, or surgeries to dull the pain and repair the damage.

There is a **risk-free way** you can have an expert work with you to identify the kind of bathroom modifications that would help prevent a fall in your bathroom or stairway. You can have the changes made to your home that will meet your needs, to the smallest detail, and have your bathroom and other areas of your home customized entirely for you.



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Safety,  
Comfort,  
Independence—

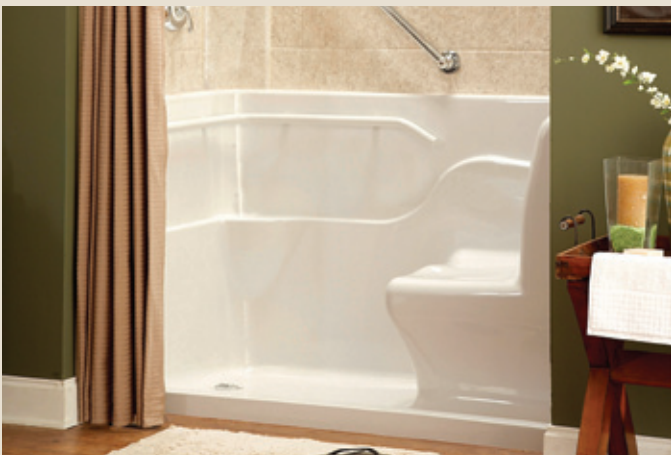
# The “Magic Wand” Solution

What if you could get a doctor, a chiropractor, and an engineer together and tell them all about yourself, your lifestyle, and your current home layout: where are there “danger” spots around the house?

Your bathroom should be a safe and comfortable place for you to relax. To ensure that your bathroom fits your needs, it is important to identify your personal needs. For example, do you have numbness in your hands or feet? What is your height and build? **Understanding these key areas will identify which changes are necessary to fit your exact needs.**

Having a bathroom that’s precisely fitted for you may sound too good to be true – but it’s just what we do here at BathCrest. This guide tells you about a risk-free way you can have an expert work with you to identify the kind of bathtub you need to the smallest detail, and have that bathtub custom built for you.

Standard bathtubs force your body into a position that causes undue stress on your back, neck, hips, and other joints. Bathing each day may initially cause discomfort and aches... Repeat entering and exiting may result in a fall that can result in permanent damage.





# How Many of These Symptoms Do **YOU** Have?

**Back stiffness** or inability to stand up straight without muscle pain or spasms in lower back.

**Pain** that extends from the lower back or hips, and behind, you're your legs, and even to your toes.

**Constant pain** on one side of your behind.

**Shooting pain** along your back or hip area when you stand or stretch.

**Numbness** or a burning sensation in arms, fingers, legs, or toes.

Consistent **tense, sore muscles** around your neck and shoulders as your work day progresses.

**Worn joints** along cervical spine (neck); joints along your neck can wear out and eventually cause osteoarthritis – a degenerative and painful condition

**Compressed nerves**—Placing consistent pressure and stress along the back and neck may cause compression along your vertebrae and reduce the space for nerves that branch out from the spinal cord.

**Arm pain** or weakness / Herniated disks. Ongoing stress from sitting may contribute to a condition where the “gel” from your disk protrudes beyond the protective covering and presses on nerves.

**Muscle strains** or spasms along the sides of spine. Overuse from too many hours hunched over a keyboard or with arm extended to use a computer mouse can set off muscle strains.

Feeling that your **head is heavy** due to straightening of the natural curve of the neck and exhaustion of the neck muscles.

**Chronic neck pain.** Repeated overuse of muscles along the back of your neck can cause a chronic pain condition.

**Persistent aches** anywhere from the base of the spine to your neck

**General soreness or pain along your back can increase if you do not make a lifestyle change.**

The bathtub you bathe in will have a tremendous impact on your life. A fall can impact your productivity, your earnings, and your immediate and long-term health. It can impact long term relationships, such as participation in physical activities with friends or whether or not you will be able to push your grandchildren on a swing.

We custom-build every bathroom to meet your precise needs. The cost of the bathtub depends on the type of materials and elements you need and want. Call 800-826-6790 to find out the cost of your custom made bathtub... and how we can make your life a little smoother, safer, and more comfortable.

# The Cost of a Fall...



## IMPLICATIONS

### Medications

- Anti-inflammatory medications
- Muscle relaxants
- Pain killers

### Symptoms

- Headaches
- Migraines
- Fatigue
- Neck pain
- Tight and painful shoulders
- Pain while breathing
- Jaw pain
- Tingling/numbness in hands/arms

### Professional Care

- Doctor visits/fees and co-pays
- Chiropractic care
- Specialists

### Corrective Procedures

- Spinal decompression
- Back/neck surgery

### Conditions

- Bone spurs
- Bone degeneration
- Permanent damage to discs/joints
- Chronic strain on muscles
- Permanent nerve damage
- Constricted blood vessels
- May cause a rise in blood pressure
- Sciatica
- Curvature of the spine
- Intervertebral Disc Damage
- Fused discs

### Lifestyle Costs

- Reduced productivity/earnings
- Difficulty sleeping
- Difficulty exercising
- Limited mobility
- Inability to sit/stand
- Physical limitations impact on relationships

### Nursing Home or Assisted Living Centers

- Expensive—can drain a lifetime of savings and make it impossible to pass an inheritance on to heirs
- Loss of freedom and independence
- Fear of becoming a burden to family and loved ones



## COSTS

COSTS	AVERAGE AMOUNT	DURATION
HIP FRACTURE	\$13,740	ONE-TIME
ASSISTED LIVING	\$3,300/MO.	ONGOING
IN-HOME CARE	\$1,322/MO.	ONGOING
NURSING HOME	\$6,083/MO.	ONGOING

THESE  
EXPENSES  
COULD BE  
AVOIDED.



**ONE OUT OF THREE SLIP FALL ACCIDENTS** results in a major bone break and one third of them never return to live independently. The financial cost of a slip fall accident can be enormous, but the cost to your well-being, your independence, and your loved ones is overwhelming.

Sources: <http://www.assistedlivingfacilities.org/articles/assisted-living-costs.php> | <http://jbsj.org/article.aspx?Volume=83&page=493>



# vs. The Advantages of Remodeling

The good news: simple, inexpensive changes to your home can save you time, money and pain and improve the quality of your life. **See the chart below to learn about the benefits and savings of investing in home safety solutions.**

Your Personal Benefits	
✓	Modifying your home now costs far less than nursing homes later.
✓	Peace of mind at home instead of anxiety of a “live in” care facility.
✓	Freedom of living independently in your own home.
✓	You are safer at home, and don’t have to constantly worry about slipping or falling.
✓	You have more time to enjoy the things that you love.
✓	Daily tasks are a little bit easier.
✓	Enjoy the privacy that is only available in your own home.
✓	The satisfaction of being able to take care of yourself.
Benefits for you Family & Loved Ones	
✓	Peace of mind for your family and loved ones (because they know that your home is safe)
✓	Your family & loved ones can enjoy more time with you
Your Personal Savings	
Modifying your bathroom and your home helps you <b>enjoy</b> your golden years and <b>save</b> yourself the loss of independence and exponential costs of a nursing home facility.	



There Is Only **One Place** That Can Provide An Independent, Comfortable,  
and Family-Rich Environment Through Your Maturing Years:

**Your Own Home.**



# There's Simply No Reason To **RISK** Preventable Accidents Anymore.

If you could increase the safety and comfort of your home, and drastically decrease the likelihood of being injured at home for a fraction of the cost of just ONE MONTH in a nursing home, why would you NOT do it?

**This Is Your Wake up Call To Quit Taking Unnecessary Chances And Start Making Your Home A Safer Place To Be RIGHT NOW.**

Do not be forced to move into an assisted living community. With some simple planning and modification, you can make your home attractive and practical so that you can stay at home throughout your retirement years.



Use This Checklist To Determine How You Can Make Your Home  
More **Accessible, Safe, and Comfortable** For Your Future:

✓	What to Look For
	Bathtub and shower have nonskid materials on the flooring.
	Grab bars are firmly installed by the bathtub and toilet, and anywhere else there is risk of fall. In the event of a fall, grab bars can help you get back up.
	Adjust the water heater so that the faucet does not create extremely hot water. You may want to install an anti-scald mixing faucet.
	Bathroom flooring is matte-finished, textured tile or low pile commercial carpet (not throw rugs or bathmats).
	The bathroom light is located near the door.
	Electrical outlets are fashioned with interrupters (GFCI) that protect against shock.
	Appropriate easy entry bath or showers are installed.

# Ten Simple Steps to a Safer and More Comfortable Home



## 1. Place **Non-Slip Bath Mats** In Shower And Tub

People often put non-skid rugs outside tubs and showers, but forget that the floors of tubs and showers can become slippery, too. Adding non-skid material or a safety mat can drastically reduce the risk of a fall.



## 2. Replace **Loose Rugs** With Non-Slip Rugs

Entryways, foyers, and high traffic areas are likely places for a fall. A non-slip rug significantly lessens the chance of a hazardous fall.



## 3. Relocate **Light Switches** And Change **Door Handles**

Walking through the dark can be risky, especially when falling presents such a risk for seniors. All light switches should be placed near entry doors to reduce the dangers associated with walking through the dark. Change door handles to levers instead of those that require twisting the knob.



## 4. Grab Bars In the Shower, Bath, and Near Toilet

Grab bars can prevent falls and can be an aid if a fall occurs. Firmly install grab bars around all the key areas of the bathrooms.



## 5. Install **Handrails** Along Stairways

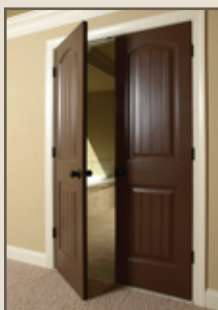
Stairs are notoriously risky for seniors. Placing handrails can add an additional security feature, and, depending on the style you choose, can even add a fashionable accent.

# What You Can Do To Make Your Home A Safer, More Comfortable Place For People Of All Ages



## 6. Remove Or Clearly Mark **Raised Steps**

Too many accidents occur around those slight steps from one room to another. Even if the depth of the steps may seem insignificant, it only requires a millimeter of a miscalculation to cause a tumble. When possible, remove the steps. When removal is not an option, clearly marking the steps can help avoid an accident.



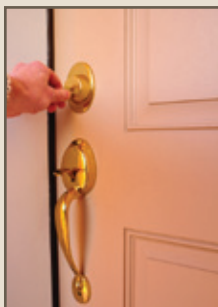
## 7. Make Sure **Bathroom Doors Swing Outward**

Bathroom doors that open inward often require awkward maneuvering on wet and slippery floors. Outward swinging doors reduce risks of a fall.



## 8. Install **Nightlights And Backup Flashlights** Throughout Your Home

You may have gotten over your fear of the dark long ago, but remember, your body doesn't bounce back from a fall like it did when you were in grade school. Nightlights can help navigate a home throughout the night and in those early morning hours.



## 9. Install Motion **Detectors And Deadbolts**

You want to feel secure in your home. Installing motion detector lights and strong deadbolts on all exterior doors can give you real peace of mind.



## 10. Take A Tour Of The Home In A **Rolling Office Chair**

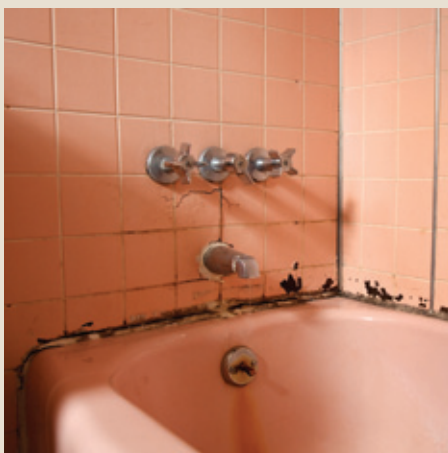
This suggestion may seem like an unusual tip, but it's very revealing for anyone facing the possibility of needing a walker or a wheelchair. Sit in a rolling office chair and try to go through your daily routine. This will enable you to see what other adjustments you should make to your home.



# What Matters To You? Independence. Health. Not Being A Burden. Staying At Home.

Falling at home may represent the **greatest threat** to your personal independence. The bathroom is often where people fall and suffer **debilitating injuries**.

## Bathroom Dangers



### Old Bathtub

Older porcelain bathtubs can be dangerous to your health they have millions of tiny little pores that harbor dirt and bacteria and 66% of older porcelain tubs leach toxic lead into the water.



### Slip & Fall Accidents

Slip & fall accidents are the leading cause of injury to seniors. Climbing over that 15 to 20 inch bathtub can be very dangerous and may cause you to lose your independence if you slip and fall.



### No Safety Grab Bars or Arm Rests

1 out of 3 slip and fall accidents results in a major bone break and the majority of those people never return home to live independently.



# Stay In Good Health.... and Stay In Your Home

EZAccess Bath Solutions Aren't Just More Comfortable...  
They Reduce the Risk of At-Home Accidents.

Prevent accidents at home with EZAccess Bath Solutions



## EZAccess Bathtub

**Open** the door of your EZAccess  
Bathtub and walk right in.

**Close** the watertight door behind you.

**Sit back and enjoy** the rejuvenating  
feeling of soaking in 3 feet of warm  
water that is therapeutic and relaxing.



## Easy Entry Walk-In Showers

Walk right in to your easy entry walk-in  
shower. Now you can shower in safety  
without fear of falling. Each of our  
showers come with a slip resistant  
floor and are 100% nonporous so they  
are virtually maintenance free.

# Your Custom Bathroom Is More Affordable Than You Think.

We offer styles and options to match your personal preferences and fit **any** budget.

We can customize your bathroom based on our findings of the pain and ergonomic assessments. Options include different seats, back supports, arm rests, entry doors, and more.





# Let Us Build the PERFECT BATHROOM FOR YOU.

## Four Simple Steps



### 1. Pain & Ergonomic Assessment

**Purpose:** Determine needs and identify areas of pain, aches, and numbness.

- We systematically evaluate and determine your needs
- Once we determine your needs, we identify the best materials to provide comfort and support for your needs.

### 2. Home Safety Assessment

**Purpose:** Determine the potential hazards in your home.

- We identify common tasks you perform
- Combined findings with the pain and ergonomic assessment to determine the best solution for you.

### 3. Determine the Bathroom Design That Is Right For You

- Based on the findings of the first two steps we will recommend the product that will best fit your needs and wants now and in the future.
- There are a variety of colors and styles that will also accommodate your personal taste.

### 4. Customize Your Bathroom

- We custom build and install your new bathroom specifically to fit your needs.
- You have a safer, more comfortable bathroom to help you stay healthy and independent.

“

I never knew bathrooms could be so **COMFORTABLE**.

I **WISH** I had updated my bathroom years ago.

The **FEAR** of falling in my bathroom is **GONE**.

I even **SLEEP BETTER**.

There's no more **TINGLING** in my legs.

I'm no longer on **PAIN MEDICATION**.

It's **EVEN BETTER** than I expected.

**UNBELIEVABLE**. This walk in tub changed my life.

Finally, a bath that **FITS ME!**”



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[www.EasyCareBath.com](http://www.EasyCareBath.com)  
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Safety. Comfort.  
Peace of Mind.

For a Home Safety Consultation, call your  
local representative today.

