



How many dollars does it take to install a grab bar?

Like many other home safety features the cost depends on the home builder. The original design and materials used in construction can control the cost and ease in adding home safety features. Including consideration for home safety in the planning and construction can help ensure life long safety and independence for homeowners.

An injury at home due to a fall or fear of falling contributes to over 40% of nursing home admissions. Injuries at home due to falls have a direct cost to seniors and the health care system (\$25 million per year in Newfoundland and Labrador alone). The number of households led by seniors is increasing and in Newfoundland and Labrador is approaching 25% of the population. Building in home safety features can look good and add to the value of your home.

As an example CMHC reports that the cost to build a wall with the required plywood reinforcement to allow grab bar installation would be approximately \$90 for the $\frac{1}{2}$ inch plywood required versus \$530 for demolition, blocking and reconstruction of a wall that did not include the reinforcement.

Strategies to ensure your home is safer by design include:

- providing securely mounted grab bars in the tub and shower
- ensuring easy to grasp hand rails on all stairs extend beyond the top and bottom step
- using non-slip and low glare flooring especially in kitchens and bathrooms
- ensuring adequate lighting in entranceways and stairways

Building using these strategies and others will add value, convenience and safety to your home.

For more information about strategies to build homes that adapt to life's changes see the CMHC website at www.cmhc-schl.gc.ca

These ideas are brought to you by the NL Home Builders Association and Project UPRIGHT: NL Falls Prevention, a project of the Seniors Resource Centre

