

# Benefits of Walk-In Tubs

As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today.

Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to **live independently for an additional five years.**

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all have numerous grab bars and nonslip surfaces making getting in and out worry free. Walk-in tubs are designed for an aging population who desire to **remain independent for many years to come.**

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help to stimulate circulation,

thus carrying additional healing oxygen throughout the body to the hands and feet. This has shown positive results **increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic and peripheral neuropathy,** as well as various other acute and chronic conditions.

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*Perhaps, one of the best decisions I've made is when I decided to go ahead and put a walk-in tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.*

Jean S.

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**The Canadian Government website states that 1 in 4 seniors fall every year,** and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. **A large percentage of these falls take place in the bathroom.** Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase a walk-in tub now. The help comes in the forms of a tax credit, a Provincial Sales Tax waiver, and in certain qualifying cases a \$7,500 Government Grant. As we all age and the years fly by, **many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.**



**Walk-In Tubs**

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