Mark's Bathrooms
EAST BAY, CALIFORNIA · SAFE, WELCOMING BATHROOMS

(925) 786-0041 · Mon–Sat 9–5
markbathrooms-safety.netlify.app/checklist

Safe Bathroom Checklist for East Bay Homeowners 60+

12 quick checks · about 10 minutes · no tools needed. Do it yourself, or do it **with** a parent (not **for** them).

GETTING IN AND OUT

☐ Yes ☐ Not yet
1. Easy step-in. I can get into my tub or shower without lifting my leg high or holding onto the wall.

☐ Yes ☐ Not yet
2. Real grab bars. A real grab bar anchored into the wall where I step in and inside the shower, *not* a towel bar or soap dish.

☐ Yes ☐ Not yet
3. A place to sit. A built-in bench or sturdy shower seat, so I can sit while I wash.

☐ Yes ☐ Not yet
4. Handheld shower. A handheld shower head I can reach and use while seated.

FLOORS

☐ Yes ☐ Not yet
5. Mats stay put. Bath mats have rubber backing and don't slide or curl, or there are no loose rugs.

☐ Yes ☐ Not yet
6. Grippy when wet. Shower and bathroom floors don't feel slippery when wet.

TOILET AND SINK

☐ Yes ☐ Not yet
7. Comfortable height. I can sit and stand at the toilet without pushing off the sink, vanity or towel bar.

LIGHT

☐ Yes ☐ Not yet
8. Lit at night. Light all the way from bed to bathroom, and a switch or motion light right at the door.

HANDS AND WATER

☐ Yes ☐ Not yet
9. Easy handles. Faucets and door handles are levers, not round knobs.

☐ Yes ☐ Not yet
10. No surprise hot water. The shower holds a steady temperature; it's easy to avoid water that's too hot.

REACH AND HELP

☐ Yes ☐ Not yet
11. Easy reach. Shampoo, soap, towels and toilet paper within easy reach. No bending low or stretching high.

☐ Yes ☐ Not yet
12. Help can get in. Someone could open the door from outside, and I'd have a way to call for help.

Count your "Not yet" answers: **0–2:** fix the small things this month. **3–5:** a Bathroom Safety Refresh (grab bars, handheld shower, lighting, levers, comfort-height toilet) may cover most of it. **6+, or #1 is "Not yet":** it may be time for a walk-in shower. **The Simplified Shower** features 3-piece pre-cut **solid quartz slab walls** (non-porous, zero wall grout to scrub, never plastic) with grab-bar blocking planned in the walls. *Safe, not clinical.* Shower Bath starting at $12,995; final price from the written contract with CDU after a free in-home visit.

Want a second set of eyes? It's free. **Call or text Mark: (925) 786-0041** · Mon–Sat 9–5 · markbathrooms-safety.netlify.app/price
Calling for a parent? We'll set the visit up when you can join, in person or by phone.

Homeowners 65+: California gives you 5 business days to cancel a home improvement contract. We honor it, and work never starts during that period. **Check the license yourself:** cslb.ca.gov → License #889066. Serving Lafayette · Moraga · Orinda · Walnut Creek · Pleasant Hill · Alamo · Danville · San Ramon · Dublin · Pleasanton · Livermore.

Mark's Bathrooms (Mark Bathrooms & Kitchens) · Sold & installed by Construction Design by United (CDU), CSLB #889066 · Mark, design & sales rep