



***The AVADE® Home Health Care program is designed to educate, prevent, and mitigate the risk of violence to individuals in home health environments.***

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***In this two-hour (2-hr) introductory safety training***, participants will learn how to effectively create, develop, and enhance their personal safety with skills, habits and defensive actions. Participants will learn strategies and techniques to avoid and prevent violence in home health care situations. This course involves interactive exercises which will increase the retention and application of the material taught.

- All participants will receive the book “AVADE® Home Health Care Student Guide” and certificate of completion.
- AVADE® Training meets State and Federal requirements for Workplace Violence Prevention.
- AVADE® 2-hr Certification Cost – \$1,697.00 per course.

### **Introduction**

- What is AVADE® Training?
- What is Workplace Violence?
- Workplace Violence Defined
- The Myth of Workplace Violence
- Crime and Violence in Healthcare
- The AVADE® Principles

### **Awareness**

- Awareness
- Risk Factors to Workplace Violence
- General Safety Measures
- Self-Awareness
- Emotional Awareness
- Situational Awareness
- Environmental Awareness
- Driving Concerns
- Parking Perspectives
- Unconscious Awareness
- Mental Movies and Impressing the Unconscious Mind

## **Vigilance**

- Vigilance
- Hypervigilance
- The Five Senses
- Trust Your Intuition
- Using Your Intuition
- Messages of Intuition
- Developing Intuition
- Stop-Look-Listen
- Home Concerns
- Entering the Home

## **Avoidance**

- Who Commits Violence?
- Characteristics of Individuals who Commit Violence
- Stranger Violence
- What is a Predator
- Predator-Prey & Adaptation
- Predator Characteristics
- Prey Paradigms
- Prey Characteristics
- Hard Target vs. Easy Target
- Confident-Assertive-Defensive Presence
- Guest/Client/Patient Violence
- Lateral Violence
- Domestic Violence
- Extreme Violence

## **Interpersonal Communication Skills**

- Interpersonal Communication Skills (IPC)
- The I's of Eye Communication
- Body Language
- Postures and Gestures
- Hands (Watch the Hands)
- The "Right" Angle
- Components of the Assault Cycle
- Signs and Symptoms of Stress
- Stress De-Escalation
- Signs and Symptoms of Anger
- Anger De-Escalation
- Signs and Symptoms of Intoxication
- Intoxication De-Escalation
- Signs and Symptoms of Combat
- Strategies to Avoid Physical Harm
- Signals of Submission
- Developing IPC

### **Defense of Self and Others**

- What is Self-Defense
- The Attitude of Self-Defense
- Post Incident Response
- Post Incident Documentation

### **Stress Management**

- What is Stress
- Types of Stress
- Fear
- Fight-Flight-Freeze
- Putting the Brakes on the Fight-Flight-Freeze
- Post Incident Stress Debriefing
- Critical Incident Stress Debriefing

### **Time and Distance**

- Time and Distance
- Dangerous Weapons in YOUR Workplace
- The Art-of-Distraction

### **Escape Planning**

- Escape Planning
- Developing Escape Plans
- Own the Door

### **Emergency Codes & Procedures**

- Active Shooter
- Surviving an Active Shooter
- Personal Codes for Alerting Others

## **Contact Us Today!**

Get started now by requesting a FREE Training Proposal. Call now, Toll Free: 866-773-7763