



***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 one-day (8-hour) advanced 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® 1-Day Certification Cost – \$2,997.00 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
- AVADE® Modules and Objectives
- Personal Safety Measures
  - Personal Safety Habits
  - Developing Habits

### **Awareness**

- Awareness
- Risk Factors to Workplace Violence
- General Safety Measures
- Levels of Awareness
- Self-Awareness
- Emotional Awareness
- The Amazing Mind
- Situational Awareness
- Environmental Awareness

- Driving Concerns
- Parking Perspectives
- Unconscious Awareness
- Mental Movies and Impressing the Unconscious Mind
- Higher Awareness
- Developing & Increasing Awareness

### **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
- The Reverse Line-Up
- Predator Characteristics
- Prey Paradigms
- Prey Characteristics
- Hard Target vs. Easy Target
- Confident-Assertive-Defensive Presence
- Guest/Client/Patient Violence
- Lateral Violence
- Lateral Violence Symptoms
- Domestic Violence
- Observable Behavior May Suggest Possible Domestic Victimization
- Protect Yourself From Domestic Violence in the Workplace
- Imminent Threat of Domestic Violence in the Workplace
- Developing Your Avoidance Ability

### **Interpersonal Communication Skills**

- Interpersonal Communication Skills (IPC)
- Interpersonal Communications Involve
- Developing Your Communication Skills
- The Power of Influence
- 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
- Assault
- Types of Assault
- Lawful Use of Defense
- Reasonable Force
- Reasonable Belief
- Deadly Force
- Excessive Force
- Weapons
- Civilian Levels of 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
- Managing Your Stress
- Strategies for Managing Your Stress
- Post Incident Stress Debriefing
- Critical Incident Stress Debriefing

### **Time and Distance**

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

## **Escape Planning**

- Escape Planning
- Developing Escape Plans
- Own the Door
- Improper Positioning
- Dominant Hand / Proper Positioning
- The “Right” Angle
- Spatial Empathy
- Proper Escorts
- Relationship Escape Plans

## **Environmental Factors**

- Environmental Safety Factors
- Safety Mirrors
- Lighting
- Cameras – CCTV
- Panic Alarms
- Private Places
- Access Control
- Staff Identification
- Parking Lot Safety
- Obstacles Around You
- Telephone Safety

## **Emergency Codes & Procedures**

- Emergency Codes
- Robbery Code
- Combative Person Code
- Combative Person Team Positioning
- Weapon Code
- Active Shooter
- Surviving an Active Shooter
- Personal Codes for Alerting Others

## ***Level II – Self-Defense Tactics and Techniques***

### **Safety Rules**

- Self-Defense Awareness

### **Fundamentals of Defensive Tactics**

- Stance-Balance-Stability
- Defensive Movements
- Robot Exercise
- Core Energy Principle
- Defensive Verbalization
- Distraction Techniques
- Escape Strategies

- Reactionary Gap
- Hand Positions

### **Defensive Blocking**

- Deflective Blocks
- Shoulder Block
- Elbow Block
- Turtle Block
- High Block
- Middle Block
- Outside Blocks
- Low Block

### **Personal Defensive Weapons**

- Palm Heel Defense
- Fist Defense
- Hammer Fist Defense
- Forearm Defense
- Elbow Defense
- Knee Defense
- Kick Defense
- Vulnerable Areas of the Body

### **Self-Defense Techniques**

- One Hand Wrist Grab Defense
- Two Hand Wrist Grab Defense
- Bite Defense
- Hair Pull Defense
- Front Choke Defense
- Front Choke Defense (Special Situation)
- Rear Airway Choke Defense
- Rear Carotid Choke Defense
- Rear Bear Hold Defense
- Ground Defenses
- Gun Threat Response Defense
- Knife Threat Response Defense

### **Elements of Reporting Self-Defense or Force**

- Report and Documentation (post responses)
- Civilian Levels of Defense

## **Contact Us Today!**

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