

AVADE[®]

WORKPLACE VIOLENCE PREVENTION

HOME HEALTH CARE

COURSE OBJECTIVES



AVADE® Home Health Care Modules and Objectives

The AVADE® Workplace Violence Prevention Training and education is designed for agencies to prevent and mitigate the risk of violence to individuals in Home Health Care workplace environments.

The AVADE® Workplace Violence Prevention Training for Home Health Care provides essential strategies to identify, prevent, and respond to workplace violence. Tailored to the unique risks faced by home health care workers, the program covers de-escalation techniques, personal safety habits, and legal compliance under OSHA. It emphasizes awareness, vigilance, and self-defense in high-risk environments, helping workers avoid or manage aggressive behavior and ensuring proper post-incident procedures. This training empowers individuals to stay safe in the increasingly vulnerable field of home health care.

Remember. Your best tools for keeping yourself safe are your awareness, vigilance, and personal safety habits.

Level I:

AWARENESS

The learner will understand what awareness is and how to increase theirs. They will also be able to articulate what puts them at risk of violence in the workplace, and lastly, they will understand how to plan for violence in the workplace.

VIGILANCE

The learner will recognize that vigilance is putting action into their awareness by acting on what they see, hear, and feel. They will also understand that vigilance is being alert, cautious, paying attention, trusting their gut feelings, and using their senses.

AVOIDANCE

The learner will understand the overall goal of AVADE® WPV training, which is to avoid conflict through communication and de-escalation skills. They will recognize this through a trauma-informed perspective and be able to identify the characteristics of individuals who commit workplace violence.

INTERPERSONAL COMMUNICATION

The learner will comprehend the science of communication and how to increase their interpersonal communication. They will also understand the theory of the Assault Cycle as well as de-escalation techniques for individuals who are stressed, angered, intoxicated, and how to avoid combative physical aggression.

DEFENSE OF SELF AND OTHERS

The learner will acknowledge the definition and attitude of self-defense as well as other legal terms regarding the defense of self and others. They will also understand that they have the right to defend themselves and others lawfully.

STRESS MANAGEMENT

The learner will be able to describe the two types of stress as well as understand stress management regarding fear and the fight-flight-freeze continuum. They will also understand how to break the stress continuum using awareness controlled breathing, and positive thinking. They will also understand the importance of post-incident stress debriefing.

TIME AND DISTANCE

The learner will acknowledge that having distance can give them time to respond or react to violence. They will also understand what kind of distance they need from different types of attacks in the workplace and the dangerous weapons in their workplace.

ESCAPE PLANNING

The learner will be able to describe the importance of having an escape plan for all environments. They will also understand the importance of owning the door, proper positioning, spatial empathy, proper escorts, and relationship escape planning.

ENVIRONMENTAL FACTORS

The learner will be able to articulate that their environment is always a factor in regard to their safety and the safety of others. They will also be able to identify safety measures to mitigate risks to themselves and others in their environment.

EMERGENCY CODES AND PROCEDURES

The learner will understand the importance of emergency codes and procedures and the importance of preparing for emergent situations that may happen in the workplace.

Level II:

THE GOAL OF SELF-DEFENSE

The learner will understand, acknowledge, and articulate that the best self-defense is not to be there when the attack occurs. They will also acknowledge that this is not always possible and self-defense is a proactive measure for their personal safety.

FUNDAMENTALS OF SELF-DEFENSE

The learner will be able to understand and perform the fundamentals of self-defense. They will also be able to articulate that the fundamentals are a foundation to build upon regarding self-defense.

DEFENSIVE BLOCKING TECHNIQUES

The learner will be able to understand and perform seven defensive blocking techniques. They will also be able to articulate the importance of blocking and how physically violent individuals attack the human body.

PERSONAL DEFENSIVE TECHNIQUES

The learner will be able to understand and perform eight personal defensive techniques. They will also be able to articulate the justification for using any of the personal defense techniques.

DEFENSE FROM PHYSICAL ASSAULTS (FRONTAL)

The learner will be able to understand and perform the self-defense techniques from frontal assaults on them or another person. They will also be able to articulate the justification for using any of the personal defense techniques.

DEFENSE FROM PHYSICAL ASSAULTS (REAR)

The learner will be able to understand and perform the self-defense techniques from rear assaults on them or another person. They will also be able to articulate the justification for using any of the personal defense techniques.

ELEMENTS OF REPORTING SELF-DEFENSE AND USE-OF-FORCE

The learner will be able to comprehend the importance of post-incident response and post-incident documentation. They will also understand the components of writing an accurate and articulate incident report.