



## Accidents happen. Are you ready to respond?

Everyone needs to know how to respond in an emergency. Quick action can be the difference between life and death.

Accidents and injuries can happen at any time. Consider these circumstances:

- + *Getting cut while preparing a meal*
- + *Slipping on the ice and breaking a bone*
- + *Having an allergic reaction to a bee sting*
- + *Choking on food while out with friends*
- + *Being burned by boiling water*

People with disabilities are just as likely to encounter these common situations. Whether they are injured or they are with someone who is injured, everyone needs to know how to respond quickly and appropriately.

**take care**  
teaching first aid + empowering people

## First Aid & CPR Programs for People with Special Needs

### About Take Care First Aid

Patti MacPhee, Director, is a certified CPR and First Aid instructor for the American Heart Association. She has over 10 years of experience teaching children, teens and adults with disabilities in a variety of programs. Patti is the mother of three adult children, including a daughter with Down syndrome. She is dedicated to empowering people with disabilities with the skills they need to improve their safety and well being.

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# Anyone can learn first aid... And everyone should!

Take Care First Aid provides individuals with a unique and fun training in first aid, safety and injury prevention. Knowing what to do in an emergency or after an injury, builds self-confidence and independence. Teens and adults with special needs want to be active in their communities. In order to be safe, first aid is an essential independent living skill.

Take Care First Aid class uses teaching materials that focus on the cause of an injury, treatment, and injury prevention. American Heart Association principles of first aid are taught using visual materials, hands-on training and realistic situations to help students generalize to real-life situations. Care of burns, broken bones, cuts, allergic reactions and many other topics are taught. Recognizing an emergency and how to get help is a major focus of the program.

## Course Objectives Participants Will:

- Differentiate between emergency and non-emergency situations
- Demonstrate first-aid skills for common injuries or medical situations
- Understand how to seek help when needed
- Use common safety skills to prevent injuries
- Make and take home their own first-aid kit.

Our goal is to help participants feel confident to respond if they or someone else is injured or has an emergency at home, work or in the community.

**They could save a life!**

## Classes Offered:

### First Aid

Adapted American Heart Association curriculum. This class can be modified to the special needs of the participants. Topics from the AHA curriculum are covered plus added topics to increase safety awareness. Participants make and take home a first-aid kit.

-Approximately 2 hours

### CPR

Offering Family & Friends® CPR from the American Heart Association which teaches the skills for Hands-Only CPR on an adult and relief of choking in an adult, child and infant. Individuals will have time to practice each skill and will practice seeking emergency assistance.

-Approximately 2 hours

### CPR/First Aid Certification

These classes follow the American Heart Association curriculum and are appropriate for individuals who need certification for their employment. Heartsaver CPR, AED, and choke saver training.

-3 hours

