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DSSW, Lifespan Home Health, and CDS in Texas are all on Facebook. “Like” us to keep up to date with what is going on with the State legislature pertaining to people with disabilities and what is happening in our communities. We also like to post funny pictures of cats...because that is what Facebook is for, right?



If you would like to receive CARE, TX by email instead of paper, please send your name and address to caretx@dsswtx.org. We also appreciate comments and suggestions. Read past issues online at www.dsswtx.org/caretx.

Season's Greetings and Happy Reading!



CPR Saves Lives a true story from san antonio

The following was written by the parents of one of our San Antonio clients. This true story illustrates the importance of knowing and administering CPR. DSSW, Lifespan, and CDS in Texas would like to thank Richard Perez for his calm under pressure and commitment quality care. You are a hero.

July 26, 2012 could have been a tragic day for our family. But by the grace of God and the quick response of our CDS attendant, our son Zachary is alive and well today.

It was a hot day, so Zachary and his attendant, Richard Perez, went to our friend's pool to cool off. As was the routine, Zack swam and played in the deep end while Richard watched from the side. Suddenly, things went very wrong. Zack had a seizure, and sank quickly to the bottom of the pool. Richard, who does not panic, immediately jumped in.

Our friend, who witnessed what was happening from her kitchen window, called 911 and then ran outside to the pool to pray for Zack. Even though he works out regularly, Richard struggled to tug the dead weight of Zack's rigid, 6 foot, 165 pound body from the bottom of the pool to the surface.

As soon as they broke the surface of the pool, Richard began administering CPR to Zack. Zack was not breathing, did not have a pulse, and had been underwater for at least a minute. Once out of the water, Richard continued CPR for at least another minute until Zack coughed up the water, was breathing,



Zachary and his attendant, Richard, in the hospital after the event.

and had a pulse. By then the EMTs arrived and transported Zack to the nearest hospital.

Later, at the hospital, the EMT told us that Richard had done an outstanding job and had saved our son's life. The attending physician told us that typically CPR works for only 1 in 4 drownings, but Zachary's blood gases were the best she had ever seen for a drowning victim, and his lungs were clear. Like the EMT, the physician credited Richard's quick and effective use of CPR.

A few days later, Zack left the hospital, astounding his doctors by making a complete and swift recovery with no brain damage whatsoever.

Zachary is alive and well today because Richard, his attendant, is trained in the effective use of CPR. We will always be grateful to Richard for his heroism. But mostly, we are grateful to God who brought Richard to us for such a time as this.

Eric and Jan Green
San Antonio, TX



AHA Says to 'C-A-B' It compressions, airway and breathing

CPR is changing! New guidelines released by the American Heart Association recommend that the three steps of cardiopulmonary resuscitation (CPR) be rearranged. These guidelines apply to adults, children, and infants but exclude newborns.

The old way was A-B-C -- for airway, breathing and compressions. The new way is C-A-B -- for compressions, airway, and breathing. Instead of first establishing the airway and then doing mouth to mouth, start with chest compressions.

Why the change? Starting with chest compressions is easy to remember and often-times, chest compressions alone are enough to save a life. Chest compressions keep the blood circulating and the old way was causing delays in these compressions.

Another factor in the change was that mouth to mouth can be intimidating if you are not trained. By starting with chest compressions, more people will be inspired to perform CPR when needed.

The greatest benefit of this change is that anyone can do chest compressions, whether or not they have taken a CPR class.



The New CPR a step-by-step guide

- 1) Call 911 or ask someone else to do so.
- 2) Try to get the person to respond; if he doesn't, roll the person on his or her back.
- 3) Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
- 4) Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. One hundred times a minute or even a little faster is optimal. (That's about the same rhythm as the beat of the Bee Gee's song "Stayin' Alive.")
- 5) If you're been trained in CPR, you can now open the airway with a head tilt and chin lift.
- 6) Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, one-second breaths as you watch for the chest to rise.
- 7) Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.

Hands Only CPR stayin' alive

The American Heart Association recommends that anyone not trained in CPR, take the following easy steps when someone is not breathing.



Step 1) Call 911.



Step 2) Push hard and fast on the center of the chest. (to the beat of Stayin' Alive.)

CPR Certification where to start

If you would like to be certified in CPR, the first place to go is the American Heart Association (AHA) at www.heart.org/cpr. The AHA offers a range of certification courses in most cities. You may take the entire course in a classroom setting or take part of it online and part of it "hands-on" with an instructor.

For attendants and other caregivers, the Heartsaver® courses are recommended.

For professionals like nurses, the Basic Life Support (BLS) courses are needed.



Learn and Live

The Heartsaver® courses teach adult, child, and infant CPR and choking. There is also an optional First Aid part of these courses.

The Basic Life Support courses teach the critical concepts of high-quality CPR for adult, child, and infant, rescuer CPR, bag-mask techniques, rescue breathing and choking

To find a course near you go to www.heart.org/cpr and click on "Find a Course". Select "Classroom & Skills Sessions" or "Online Courses." Please note that if CPR is required for your employment with DSSW, then the training must be hands-on and not entirely online. There are courses that include online parts plus instructor led classroom settings. These are acceptable.

If "Classroom Settings" are selected, enter your zip code and search for nearby courses. Prices vary.

