







- · Assess risks before the visit.
- On the very first visit to a home, consider **bringing a coworker**.
- Remain on cell phone talking to colleague while entering a home to assess situation.

#### Boyfriend Problems

During a home visit, Margarita's boyfriend comes home. He glares at you and paces around the room. When you explain who you are and why you are visiting, he yells. He begins cursing and gesturing, but stays away from you.



#### Self-Defense Training

#### **Verbal Self-Defense**

- · Verbal De-escalation Techniques
- Communication Skills for Difficult Conversations

#### **Physical Self-Defense Skills**

Physical defense is always the last resort!

#### Responding to

- Aggression
- Leave as quickly as possible.
- Try to react and respond to the person in a calm but firm manner.
- Say "It looks like this is not a good time for a visit" or "I will come back at a better time."
- Try to keep a barrier, like a table, between you and aggressor.





Molly has been visiting with Lakeyta since she became pregnant six months ago. Recently Molly accepted Lakeyta's friend request on Facebook. Lakeyta is now sharing personal information that is hard for Molly not to mention when she is discussing related topics on visits.

# **Boundary Considerations**

Boundaries set the tone for the professional relationship.

- 1. What is reasonable & acceptable behavior?
- 2. What tools/processes does your program build in to help you set & maintain boundaries?
- 3. What are your triggers?



#### Poll 1

Have you ever made a visit where you suspected someone in the home was high?



## Environment Signs of Potential Drug Use

- Drug paraphernalia such as:
- Glass pipes
- Rolling papers
- Little plastic baggies



- Unusual supply of:
- Cold meds or requests for meds
- Denatured alcohol; hydrogen
   peroxide
- Lye, antifreeze, propane fuel
  Solvents, paint thinners, fingernail polish remover
- Pool chemicals, pesticides
- Coffee filters

odors

- Pillow cases or sheets stained red
- Blenders, jars, batteries
- Alcohol, ether, or heavy propane

## Dealing with Substance Use

- Talk clearly and directly in a non-threatening manner.
- Keep a safe distance.
- If a member of the household is impaired, ask to move your visit outside or reschedule if necessary.
- If client appears to be under the influence, reschedule.
- Talk with your supervisor and discuss your concerns.





## Disease & Health Concerns

- Common contagious health concerns include: lice, scabies, bedbugs, pink eye, staph infections, stomach viruses.
- Look for a safe public place to wash your hands. Carry hand sanitizer!
  Ask how everyone is feeling at the start of visit and then decide if it's safe for you to proceed.
- Do not take mouthed toys from one home to another without disinfecting them.
- Know your agency health procedures.



#### Poll 2

Have you ever made a visit when you were hesitant to sit down because of bugs?



## Bugs, Bugs, Bugs! 🔿

- Avoid placing any items on upholstered furniture or bedding.
- Do not sit on cloth-covered furniture or bedding.
- Bring in only items necessary for the visit.Ask if there are any known infestations or
- Ask in there are any known intestations of treatments for pests including bed bugs.
   Keep a second pair of shoes and another
- jacket in your car.
- Keep your car clean of clutter; vacuum weekly; and monitor for infestation.
  - Keep wet wipes handy.

Bed Bug Guidelines for Social Service Providers Who Conduct Home Visits. The University of Minnesota.



# Oh No Bedbugs!

- Perform a self-inspection for pests immediately after leaving and before entering another home or vehicle.
- When you arrive home remove your clothing, in an attached garage or just inside the entry door.
- Immediately place clothes in a plastic bag that can be tightly closed via a knot or twist tie.
- Wash contaminated clothing in hot, soapy water and dry in a dryer using the highest heat setting that the fabric can safely withstand.



Bed Bug Guidelines for Social Service Providers Who Conduct Home Visits. The University of Minnesota



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