

## Home Visit Safety: Staying Safe and Aware on the Job

### Video Visual Description Overview

The video opens showing the Oregon Health Authority name. Saying Home Visitor Safety: Staying Aware and Safe on the Job. As Brenda Dolan (white woman with dark hair in a bun wearing a blue jacket and orange scarf) talks it shows her completing tasks, getting in the car, walking to homes, etc. These images of her completing tasks are interwoven with interview style shots. Much of the video shows Brenda completing a home visit with parents and children with soft music in the background. Every activity she completes is being narrated as she talks and walks through her steps for a safe home visit.

At the 5:03 time stamp mark, nine different home visitors start discussing their experiences. They alternate speaking and sharing their experiences. First is a young white woman with long blonde curly hair. Next is a young white woman with long dark hair and a nose ring. Next is an older white woman with short white hair and glasses. Next is a young white woman with long dark straight hair. Next is a young white woman with short dark curly hair and straightened bangs. Next is a young white woman with long dark brown straight hair. Next is an older woman with short above-the-shoulder white-blonde hair and bangs. Next is a Hispanic woman with her dark hair in a bun. Next is a white woman with blue eyes and dirty blonde hair in a side braid.

Text at the end of the video says: Special Thanks to: Mt. Hood Community College, Lutheran Community Services, Family Building Blocks, Annette Dieker, Brenda Dolan, Raquel Vasquez, Gabriela Cervantes, Jennifer Becerril.

### Video Transcript with Time Stamps

0:12

My name is Brenda Dolan I've been a home visitor for 14 years

0:15

I love being able to coach a parent and see the joy that they have.

0:22

The light in their eyes when they know that they have made a difference in their child's life.

0:26

One of the most rewarding things about being a home visitor is the relationship

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that you get to establish working with the families, but it can be very challenging

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because it's a dynamic environment you never know what

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situation you will face walking up to that home, and when you walk inside the door.

0:47

Today I'm heading to visit Brian and Raquel and they have recently moved.

0:51

This will be my first time seeing them at their new home.

1:00

[background music and quiet conversation]

1:19

Today's visit with Raquel and Brian was great

1:21

but thinking back there were a number of things that I did to ensure my own personal safety.

1:28

First, before the visit I let my supervisor know who I was going to visit,

1:32

where I was going, and when I planned to return. Second, because Raquel had moved and this

1:39

was the first time I would be visiting her in her new home

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I called ahead of time to gather important information that would keep me safe.

1:46

I confirmed the address, asked her about where to park,

1:49

and if there were any safety hazards in the neighborhood, like dangerous animals

1:53

to watch out for. I also asked her who would be in the home

1:57

during the visit.

2:02

As I was arriving in my car I took some time to drive around a bit and orient

2:06

myself to the location. I always try to be aware of any people or

2:10

groups of people that might be lingering around the home.

2:13

In some cases I've had to reschedule my visit if there were an unavoidable group

2:17

of people between myself and the home I plan to visit.

2:20

I was also looking for any no trespassing signs or beware of dog signs,

2:25

or any other indication of animals in the neighborhood.

2:29

After doing my usual scan from the car, I decided it looks safe

2:33

I chose a parking spot on the street so I wouldn't be blocked in a driveway if

2:37

needed to leave quickly. I parked my car facing away from the home

2:41

for that same reason, and lock the doors - being sure to leave any valuables

2:45

in the car and out of sight.

2:49

I put my phone away so I could stay vigilant to my surroundings as I

2:52

approached her door. Raquel's apartment was a good distance away

2:58

from where I had to park. You never know who else is aware of your arrival

3:03

and what their intentions are so I always try to walk tall and confidently

3:06

toward the home. Raquel's home was on the ground level but

3:11

when I visit families who live on the second floor of an apartment complex,

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I'm always cautious about entryways and stairwells. In this case, I told Raquel to be looking

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for me at the time of our scheduled visit.

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As I entered Raquel's home there were a whole new set of safety challenges.

3:31

My goal was to make a warm introduction and then make sure that I would be safe

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inside her home. After asking Raquel for permission to sit

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down, I chose to avoid any locations where I wouldn't be able to see what was going

3:43

on behind me.

3:46

When possible, I try to sit close to an exit so I can leave quickly if necessary.

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Once seated, I asked Raquel who else was in the home and if she expected anyone else to

3:57

join us.

4:01

[Spanish] No As I walked out the door, I took out my keys,

4:08

so that when I got to my car I could easily unlock it.

4:12

I began looking around to notice any people, activity or

4:15

animals.

4:16

Checking to see if the environment had changed while I was

4:19

inside the home Within a few minutes I was at my car and on

4:26

my way back to the office.

4:31

Home visiting is an exciting, rewarding, challenging job.

4:35

It's important to remember we can't get our job done if we're not taking steps

4:39

to actively keep ourselves safe in the field I've learned from years of experience that

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we always have to be aware of our surroundings and trust our instincts.

4:48

Know and follow your agency safety policies.

4:51

Enjoy the relationships you make along the way, but remember ultimately

4:55

you're responsible for keeping yourself safe.

4:59

Well I found out, as I came into the home, that there had been a shooting in that

5:07

neighborhood.

5:08

And I've been on a visit far away where I haven't charged my phone

5:12

The abuser came to the house, and came in.

5:16

And was loud and aggressive.

5:19

As I got out of my car this man approaches me asks if I need help.

5:25

Baby's father's friends would go and drive around her driveway to see if she was home.

5:31

She was afraid that he was gonna come in any minute and

5:34

I was afraid that he would get upset about her sharing this story with me

5:37

And when I got to the home, boyfriend was there and several other friends of mom were

5:44

there.

5:45

She would say "No, I feel comfortable in my apartment"

5:48

but I wasn't really feeling comfortable.

5:53

Let people know where you're going.

5:55

Make sure that you have a cell phone on you.

5:58

Park on the side street so it's east to get out.

6:01

Make sure that you look like you know where you're going.

6:03

Making sure that you're there when there are other people around.

6:07

Carrying yourself in a way that says: I'm present, I'm in the moment

6:10

and I'm aware of my surroundings.

6:11

Having a good comfortable shoes on so that you can walk safely.

6:16

Generally I try not to go to a back bedroom or somewhere that, you know, is a little bit

6:23

more isolated.

6:24

Making sure you know where the exits are.

6:26

If you sense danger you can you can always repair later.

6:30

You can always call the person.

6:32

Trust yourself and your own intuition Listen to your body, and say "okay this isn't

6:38

feeling right," and think about the next step you're gonna take.

6:41

If you're aware of what's going on then you can stay safe.

6:45

My name is Gabby Cervantes.

6:47

My name is Jennifer Becerril I'm Dannette Barkel.

6:50

Gabriela Maldonado-Bell.

6:51

My name's Courtney Salzano.

6:52

Bonnie Colbourne My name's Jennifer Ruks.

6:55

My name is Yesenia Lopez-Duran.

6:57

My name is Delphia Perezselsky.

6:59

And I've been a home visitor for 25 years, here in Yamhill County.