

# Home Visiting

## Safety guide for mindful practice



*Mindful practice is about being alert to and aware of workplace risks and responsible care for self and others.*

- Plan your day to avoid being rushed.
- Know the consumer and location prior to your first home visit alone.
- Familiarise yourself with relevant risk assessments prior to each appointment.
  - Has the assessment shown that 2 people should visit?
  - Has anything changed?
- Remember that environmental factors can change over time.
- Re-confirm home visits by phone and reassess situation.
- Make sure a work colleague knows where you are, when you will return and the phone number you can be contacted on.
- Make sure you have access to a phone and that it is charged and operational.
- Have 000 and your office numbers programmed into speed dial on your phone.
- Know your agreed safety code words if you need to phone the office.
- Avoid stress – allow plenty of time to drive to appointments.
- Ensure you are familiar with the vehicle, that it is fuelled, operational and logged out in your name.
- Park on the street in a spot where you can't be parked in or obstructed.
- Do not enter a consumer's home if you hear people arguing, if you see people using alcohol or drugs at the premises, or if you feel threatened.
- NEVER attempt to physically stop violent behaviour.
- Ask whether other people are at home.
- Do not become complacent when you are familiar with a consumer.
- Maintain professional boundaries.
- Take note of all possible hazards and report them on return to office.
- Always have your car keys and phone on you.
- Know your exit route.

**If you feel unsafe  
for any reason, remember:  
If in doubt, walk out.**