









# Health Access Nurturing Development Services

[Health Access Nurturing Development Services](#) (HANDS) is a statewide home visiting program in Kentucky that provides assistance to overburdened parents during the prenatal period until their child is 3 years old. The model's main goals are to promote healthy pregnancies and births, optimal child growth and development, safe homes, and family self-sufficiency.

<p><b>What is the model's approach to providing home visiting services?</b></p>	<p>Home visits take place weekly, beginning prenatally, until the child is 6 months old. After the child is 6 months old, visit frequency is determined by the family's level of need. Services are offered until the child is 3 years old. HANDS requires families to initiate services prenatally or before the child is 3 months old.</p> <p>HANDS' service population includes the following:</p> <ul style="list-style-type: none"> <li> Families experiencing low incomes, unstable housing, or unemployment</li> <li> Caregivers who are unmarried or single</li> <li> Caregivers with limited access to education</li> <li> Families with a history of substance or tobacco use</li> <li> Families facing challenges such as marital concerns or inadequate social networks</li> <li> Caregivers with delayed or no prenatal care or history of abortion</li> <li> Families experiencing mental health concerns</li> </ul>
<p><b>Who is implementing the model?</b></p>	<p><b>Home Visitors</b></p> <p>HANDS was implemented by 239.8 full-time equivalent (FTE) home visitors in 2020. Paraprofessional home visitors must have a high school diploma. Professional home visitors must have a bachelor's or associate's degree in a related field or be a registered nurse or social worker. Home visitor caseloads are weighted based on families' needs; home visitors are expected to maintain an average weighted caseload of 38 to 40 families.</p> <p><b>Supervisors</b></p> <p>HANDS was implemented by 48.6 FTE supervisors in 2020. The model requires supervisors to be an advanced registered nurse practitioner, registered nurse, or licensed social worker.</p>

<p><b>Where is the model implemented?</b></p>	<div style="display: flex; align-items: center;">  <p>HANDS operated in 60 local agencies in 1 state in 2020.</p> </div>
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**National Home Visiting Resource Center**  
www.nhvrc.org

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## Families Served Through Evidence-Based Home Visiting in 2020



**156,532**

home visits provided  
including 120,551 virtual visits



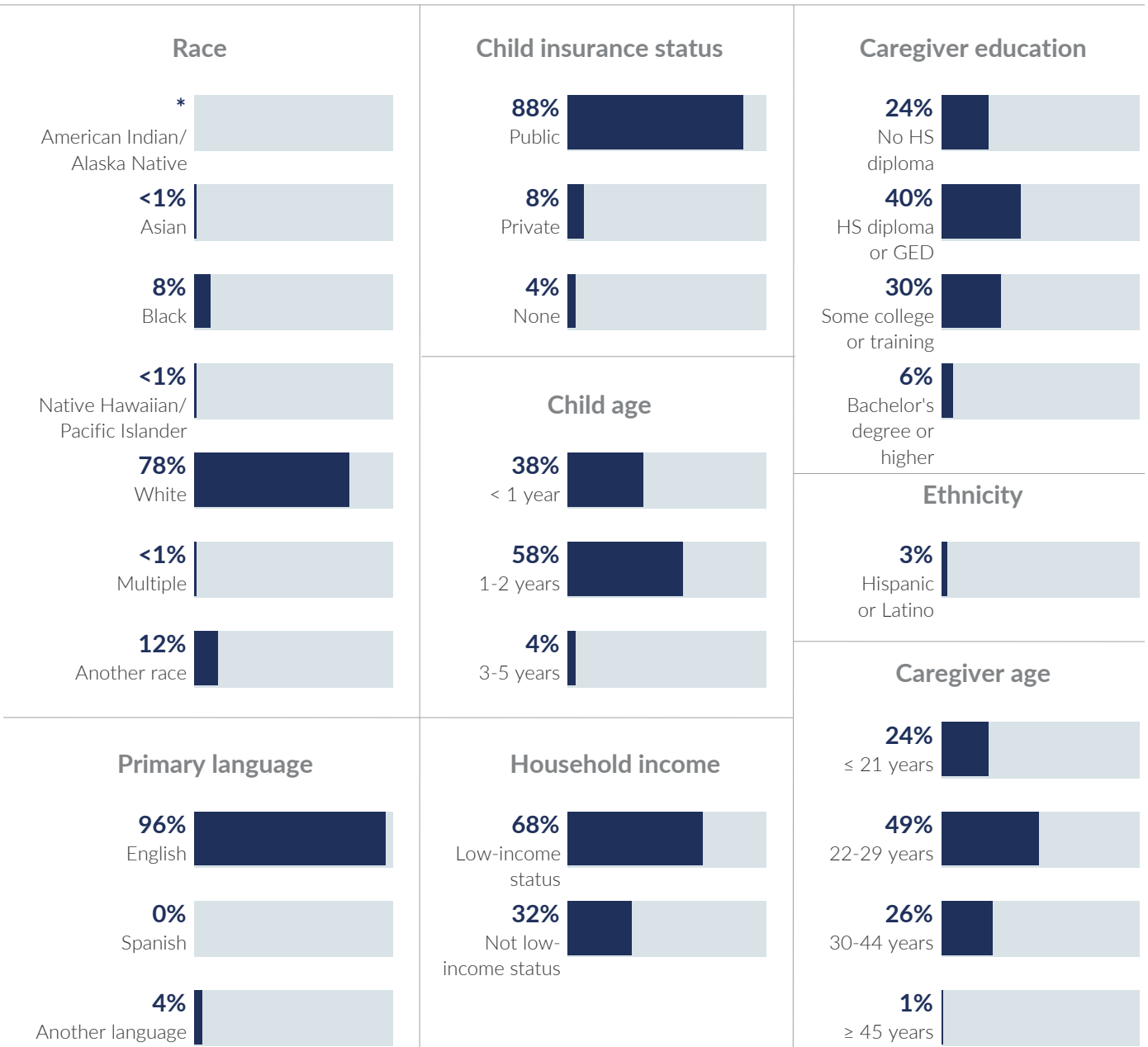
**6,866**

families served



**6,014**

children served



Percentages may not add to 100 due to rounding. • To protect confidentiality, race and ethnicity categories with 10 or fewer caregivers were replaced with \*.