









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>What is the model's approach to providing home visiting services?</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">  Families experiencing low incomes, unstable housing, or unemployment  Caregivers who are unmarried or single  Caregivers with limited access to education  Families with a history of substance or tobacco use  Families facing challenges such as marital concerns or inadequate social networks  Caregivers with delayed or no prenatal care or history of abortion  Families experiencing mental health concerns
<p>Who is implementing the model?</p>	<p>Home Visitors</p> <p>HANDS was implemented by 234 full-time equivalent (FTE) home visitors in 2023. 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>Supervisors</p> <p>HANDS was implemented by 57 FTE supervisors in 2023. The model requires supervisors to be an advanced registered nurse practitioner, registered nurse, or licensed social worker.</p>

<p>Where is the model implemented?</p>	<div style="display: flex; align-items: center;">  <div> <p>HANDS operated in 57 local agencies in 1 state in 2023.</p> </div> </div>
---	--

The NHVRC is a partnership of James Bell Associates and the Urban Institute. Support is provided by the Heising-Simons Foundation. The views expressed here do not necessarily reflect the views of the foundation. For a detailed methodology, see the *2024 Home Visiting Yearbook*.

Health Access Nurturing Development Services

Families Served Through Evidence-Based Home Visiting in 2023



139,759

home visits provided
including 63,717 virtual visits



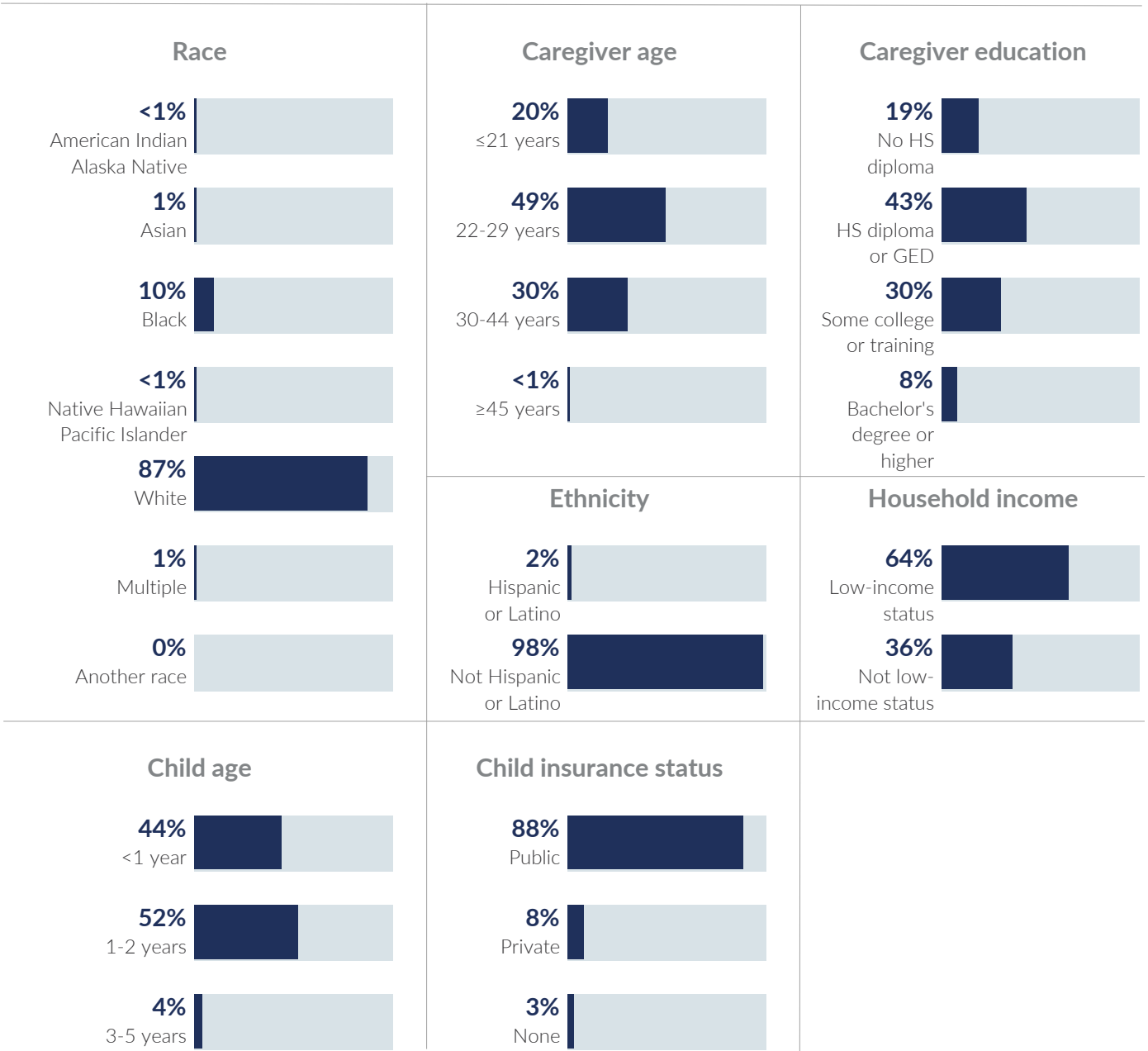
6,293

families served



5,341

children served



Percentages may not add to 100 due to rounding.