

Home Visiting in Kentucky: Kentucky HANDS



Supporting families from pregnancy through early childhood with trusted care rooted in their communities.

HANDS (Health Access Nurturing Development Services) is Kentucky's voluntary home-visiting program that connects families with trained professionals who provide personalized guidance, resources and support during pregnancy and early childhood. Through trusted, relationship-based care, home visitors build on each family's strengths, strengthen parenting and attachment, promote healthy child development and connect families with the services they need to thrive.

Who is served:

Families may enroll in HANDS during pregnancy or before their infant reaches three months of age. Once enrolled, families may receive services until the child turns three. HANDS is available in all 120 Kentucky counties.

What home visitors do:

- Provide guidance during pregnancy and early childhood.
- Support nurturing parenting and healthy parent-child attachment.
- Share information about child development, health and safety.
- Help families recognize their strengths and identify their goals.
- Support families in accessing healthcare and other essential services.
- Celebrate family progress and encourage parents as their children grow.

Impact of Kentucky HANDS 2025 Federal year date:

- 6,545 families served.
- 152,617 home visits completed.
- 95% of families engaged in daily language and literacy activities, including reading, talking or singing with their children.
- More than 90% of mothers received timely postpartum care, substantially exceeding the national average.
- More than 90% of children received developmental screening using a validated tool, supporting earlier identification and intervention.

**Since our inception in 2002,
HANDS home visiting staff
have completed more than
3.5 million visits with
Kentucky families!**



Kentucky Public Health
Prevent. Promote. Protect.

**Kentucky
HANDS** 
Health Access Nurturing Development Services
Every family needs an extra pair of HANDS.

The HANDS approach:

- Builds a trusting relationship between each family and a trained home visitor.
- Begins with the family's priorities rather than a one-size-fits-all plan.
- Uses proven home visiting practices while responding to each family's circumstances.
- Recognizes parents as the experts on their children.
- Coordinates support across healthcare providers and community partners.
- Stays alongside families as their needs, strengths and goals change over time.

Program Details:

Detail	Information
Service area	All 120 Kentucky counties.
Who delivers services	Services are provided by qualified home visitors who have received specialized training in home visitation.
Visit format	Primarily in-home visits.
Cost	No cost to families.
Eligibility	Families may enroll in HANDS during pregnancy or before their infant reaches three months of age. Once enrolled, families may receive services until the child turns three.

Home visitors meet families where they are, building trust that supports long-term well-being.

Get connected:
Call your local Kentucky Health Dept.
Or call: 502-564-7675
Email: hands.helpdesk@ky.gov

Home Visiting in Kentucky HANDS | Learn more at:
www.chfs.ky.gov/agencies/dph/dmch/ecdb/Pages/hands.aspx



Spotlight on Success:

One phone call in November 2023 changed the course of Emily's journey as a new mother. Maria, a HANDS home visitor, entered her life during a time filled with uncertainty. Pregnancy had brought questions that Emily did not always know how to ask, and a NICU stay brought fear she could not always put into words. Maria stayed beside her through it all.

During each visit, Emily had a safe place to be honest. She could ask the hard questions, admit when she felt overwhelmed and talk openly about the fears that can make a new mother wonder whether she is getting anything right. Again and again, Maria reminded her, "You are doing better than you think."

Over time, fear gave way to confidence. The difficult days were joined by first steps, new words, laughter and milestones Emily once could only hope for. Maria was there to celebrate them, not simply as a home visitor, but as someone who had witnessed how far Emily and her child had come.

Emily's child has now graduated from HANDS, but the impact of that first phone call did not end with the final visit. Maria helped Emily recognize the capable, loving mother she was becoming. She gave the family something they will carry long after the program: the memory of someone who showed up, listened without judgment and believed in Emily until she could believe in herself.