

Leadership Education in Neurodevelopmental Disabilities (LEND) Program  
Westchester Institute for Human Development  
University Center for Excellence in Developmental Disabilities  
And  
New York Medical College  
*Team Project Abstract*  
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**Title:** Exploring the Appropriateness of Home Visitation Models for Parents with Intellectual and Learning Disabilities

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**Proposal Description:** The goal of this project was to explore Evidence-Based Home Visitation models to assess their ability to appropriately support the needs of parents with intellectual disabilities for parenting their children.

**Objectives:** Evidence-Based Home Visitation models (EBHV) are used to provide parenting support and education about maternal health, child safety, and child development. Individuals with intellectual disabilities are increasingly being integrated into communities and becoming parents. Parents with intellectual disabilities can be successful parents when given appropriate support. However, despite the increase in EBHV models, there is a lack of specific programs that support parents with intellectual disabilities. A recent survey was developed to inquire about the home providers' background information, the types of services they offer and their experiences in an effort to provide future training and support for home visitation providers. The goal of the current study is to disseminate this survey to assess the providers' level of comfort, strategies and the need for further training in order to work with parents with cognitive or intellectual disabilities. The results of the study will be shared with participating programs.

**Methods:** IRB approval was acquired prior to the start of this study. Eight EBHV programs in the NY area were identified and asked to participate in the current study through the use of an initial email that summarized the study goals and objectives and provided the survey template. Following the receipt of the program administrators' signed consent forms, a second email was disseminated that contained the survey link and program administrators then sent this link to their home providers. The estimated time to complete this survey is about 10 minutes. All survey information was compiled and stored anonymously online via surveymonkey.com.

**Community Partners:** Interviews were conducted with Parent-Child Home Program and Nurse Family Partnership. Through these interviews, the team learned a description of what home visitation programs are and what specific services are offered to families.

**Results:** Forty-one providers participated in this study from four EBHV programs in NY including Parent-Child Home Program, Nurse-Family Partnership, Healthy Steps and Parents as Teachers. Respondents varied in educational level and experience, with most receiving a

Bachelors or Masters degree. Based on survey results, the top three services that home visitors indicated that they provide were parenting support, child health education and child literacy. Providers also indicated a need for further training when working with parents with ID/LD. Approximately 57% of providers acknowledged that working with parents with ID/LD is moderately more challenging and 4% identified it as extremely more challenging as compared to working with parents without ID/LD.

**Conclusion:** A major barrier to our study was the difficulty in reaching programs. Nonetheless, the information gathered from participating providers resulted in several main themes. EBHV providers acknowledged that they are working with this population and find it moderately challenging as compared to working with parents without ID/LD. Also, most providers indicated that they are already using many strategies found to be successful within the literature for this population. Based on these findings, recommendations to support home visitors in meeting the needs of parents with specific learning and/or cognitive needs were established. We encourage cross-systems collaboration and referrals between EBHV and disability-focused organizations. We also recommend offering in-person training to EBHV programs so providers feel more comfortable when working with parents with ID/LD. Given that EBHV programs are increasingly available and funded in communities, they should be formally considered for this population.