



- Delivery by a **professionally skilled workforce**
- Assistance **offered to families experiencing greatest adversity or complexity**
- **Builds partnership** between the family and nurse
- **Focuses on goals** that parents prioritise
- **Redresses inequities** for children raised by families experiencing socio-economic and psycho-social adversity and in turn contributes to breaking inter-generational patterns of disadvantage
- Provides **opportunities to engage within the family environment**, providing a deeper level of personalisation than clinic-based offerings

- **Builds competencies** by non-stigmatising and maintains continuity of care
- **Allows for flexibility of visits**, for example:
 - visits commencing in the antenatal period
 - visits being offered for a longer period of time
 - visits at home to overcome transport issues
- Allows qualified professionals to **build a rapport with whole families**

What makes it work in Logan?

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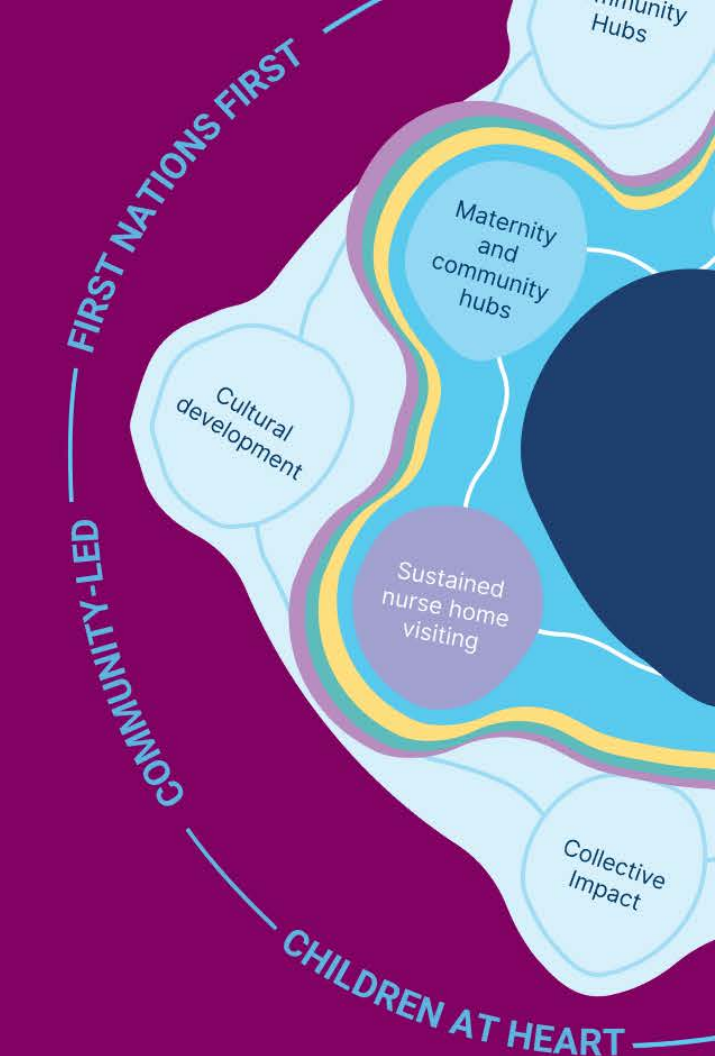
SCAN FOR
MORE INFO



[1] PANDA. "How common is mental illness in the perinatal period?". Perinatal Anxiety and Depression Australia found at panda.org.au/articles/how-common-is-mental-illness-in-the-perinatal-period/.

[2] Goldfeld, Sharon, et al. "Nurse home visiting and maternal mental health: 3-year follow-up of a randomized trial." *Pediatrics* 147.2, 2021.

[3] Ibid.



Sustained Nurse Home Visiting

**COMMUNITY-LED
SOLUTIONS**
Evidence series



What we're doing

Some families with children who have complex needs require intensive support to successfully parent. This helps to ensure their babies and young children are supported developmentally. Additionally, research shows that maternal mental health is crucial for the optimal health of both mothers and their children, yet up to 1 in every 5 women may experience symptoms of anxiety, depression, or both during pregnancy and/or following birth.¹

..... 2019 Right@Home launched

Right@Home, launched in Logan in 2019 and is a relationship-based Australian model of sustained nurse home visiting delivered by highly trained child health nurses and embedded in the universal health service. It is specifically targeted to improve outcomes for identified families who are expecting or caring for babies.

The evidence-based program is a parenting and child intervention for families that aims to improve the long-term psychosocial development outcomes of children by building the parents' capacity to provide safe and responsive care and a home environment that supports children's learning. The intensive program focuses on sleep, safety, parenting styles and the home environment. This program would be part of a suite of child health service expansion and care co-ordination in identified Logan communities.

Having a child health nurse and social worker/psychologist visit new parents in their home, providing support to overcome concerns around child health and parenting makes all the difference to the health and wellbeing of the parents and their baby.

Right@Home currently provides up to 25 visits from qualified maternal care nurses and social care practitioners to those who are either expecting or looking after new babies.



Our evidence and outcomes

OUTCOMES BETWEEN 2019-23 ACROSS LOGAN INCLUDE:

470
families supported

Right@Home recipients reported **higher levels of perceived self-efficacy** which led the evaluation to assert that:

Nurse Home Visiting programs designed to support mothers experiencing adversity can lead to later maternal mental health benefits, even after the program ends³



parents and carers reported **increased parenting ability, confidence and ability to cope**

..... A national randomised controlled trial of nurse home visiting (Right@Home) in 2021 found that of the 722 women, (combined intervention and control group) the intervention group reported **significantly better mental health** in relation to the following:²



Our community

"It's made a huge difference for me. I am disabled and vision impaired and bubs and I both had a very traumatic time of it pregnancy and birth wise. Our visits have been a blessing."

Logan mother

"The program was my lifeline."

Logan mother

"I think it's fantastic, this Right@Home....and it's specifically about your bub, and family and wellbeing...it was just brilliant."

Logan parent