



Reach out, relate, stay engaged!

# The NEST Collaborative is helping Nevadans over the age of 60 or living with a disability stay connected during this time of social distancing.

### Find support in one of these programs:

## **One-to-One Calls**

Receive a check-in call twice a week from a NEST Collaborative volunteer. We'll ask how you're doing and help you connect with local resources.

We're also happy just to shoot the breeze, chat about activities, hobbies or what you're reading or watching on TV.

### **Peer Social Groups**

Participate in a weekly conversation with a small group of other Nevadans who are staying home during the pandemic. All you need is a phone or a computer with a webcam. Peer social groups help you get to know new people and develop a network of mutual support.

#### **Tech Assistance**

Looking for help with technology?

Connect with a NEST Collaborative volunteer for one-to-one telephone-based support in using technology for any purpose. Whether its email, social media, Zoom, or something else, we can help!

#### To get started, complete the Request for Assistance Form at: <u>tinyurl.com/nevadans-talk</u>

or call 2-1-1 from any phone and ask about "Nevada CAN Social Support."

All NEST Collaborative volunteers have had background checks and quality training in the best ways to support your social engagement.

Nevada CAN's NEST Collaborative, led by the Nevada Aging and Disability Services Division, is comprised of aging- and social-services professionals from across the state.