



For elders in residential care communities

Reach out, relate, stay engaged!

**The NEST Collaborative is ready to help
by making social calls to residents.**

One-to-one calls

Receive a one-to-one check-in call twice a week from a NEST Collaborative volunteer. We understand you might have needs and concerns while the pandemic keeps us all at home. We'll ask how you're doing and help you connect with local resources and supports.

We're also happy just to shoot the breeze, chat about your activities, hobbies or what you're reading or watching on TV. We're excited to benefit from a mutual exchange of social support.

Peer social groups

Participate in a weekly conversation with a small group of other Nevada elders who are also staying home during the COVID-19 pandemic.

Based on your preference, peer groups can be hosted via videoconference or teleconference. All you need is a phone or a computer with a webcam.

Peer social groups give you a chance to get to know new people and share stories, concerns and develop a network of mutual support.

To get started, an elder, professional or family care partner can complete the elder needs survey at tinyurl.com/elders-talk 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 services professionals from across the state.