



Nevada Ensures Support Together

This statewide coalition is based in the Dementia Engagement, Education and Research (DEER) Program,
School of Community Health Sciences, University of Nevada, Reno



Our Mission

The NEST Collaborative (NEST = Nevada Ensures Support Together) fosters relationships and community by harnessing the power of a statewide coalition to provide virtual, volunteer-hosted social support and technology assistance with a special focus on connecting and engaging older adults, veterans and adults living with disabilities.



What is Nevada CAN?

The Nevada COVID-19 Aging Network (Nevada CAN) rapid response is a statewide, inter-organizational collaboration of many aging and social services organizations, led by the Nevada Aging and Disability Services Division (ADSD), working together to meet the essential needs of homebound Nevadans (60+) during the COVID-19 pandemic.





Social Isolation: the objective state of having few social relationships or infrequent social contact with others



Loneliness: a subjective feeling of being isolated



Social Isolation and Loneliness

- Social isolation and loneliness are serious public health risks associated with higher rates of mortality, depression, and cognitive decline among older adults (National Academies of Sciences, Engineering and Medicine, 2020).
- In the U.S., **prior to COVID-19**, approximately one-quarter of community-dwelling older adults were considered socially isolated, and 43% of them reported feeling lonely (National Academies of Sciences, Engineering and Medicine, 2020).
- COVID-19 has exacerbated this problem and expanded the need for social supports among a much wider population of older adults, in addition to other populations.



Organization

AARP Nevada
Age- and Dementia-Friendly Winnemucca
Alzheimer's Association, Northern Nevada Chapter
Ballroom of Reno
Churchill County Social Services
Cleveland Clinic Lou Ruvo Center for Brain Health
Community Foundation of Western Nevada
Dementia Engagement, Education and Research Program, UNR
Dementia Friendly Elko County
Dementia Friendly Nevada
Dementia Friendly Pahrump
Dementia Friendly Southern Nevada Urban
Dementia Friendly Washoe County
Elko PACE Coalition
Martin Luther King Jr. Senior Center
Neighbor Network of Northern Nevada
Nevada Aging and Disability Services Division (ADSD)
Nevada Association of Counties
Nevada Geriatric Education Center, Sanford Center for Aging, UNR
Nevada Public Health Training Center, UNR
Nevada Rural Counties Retired and Senior Volunteer Program (RSVP)
Nevada Senior Services
Nevada System of Higher Education Board of Regents
Pesa Soomame Advisory Group, Pyramid Lake Paiute Tribe
Renown Institutes
Retired and Senior Volunteer Program (RSVP), Sanford Center for Aging, UNR
Sanford Center for Aging Geriatrics Specialty Clinic, UNR
Seniors in Service
Southern Nevada Senior Law Program
UNR School of Medicine

Social Support Component of Nevada CAN Rapid Response



Partner Organizations

NEST Collaborative Support Team



Casey Acklin, Program Coordinator

Heather Rose Gonzales, Volunteer

Jennifer Carson, Program Director

MacKenize Rooney, Nevada Resilience Ambassador

Marina Hedwall, Nevada Resilience Ambassador

Mekai Smedley, AmeriCorps VISTA

Samantha Savalli, Graduate Research Assistant

UNR Interns Spring 2021:

Ciara Hornbarger

Katie Newton

Olivia Smirlock

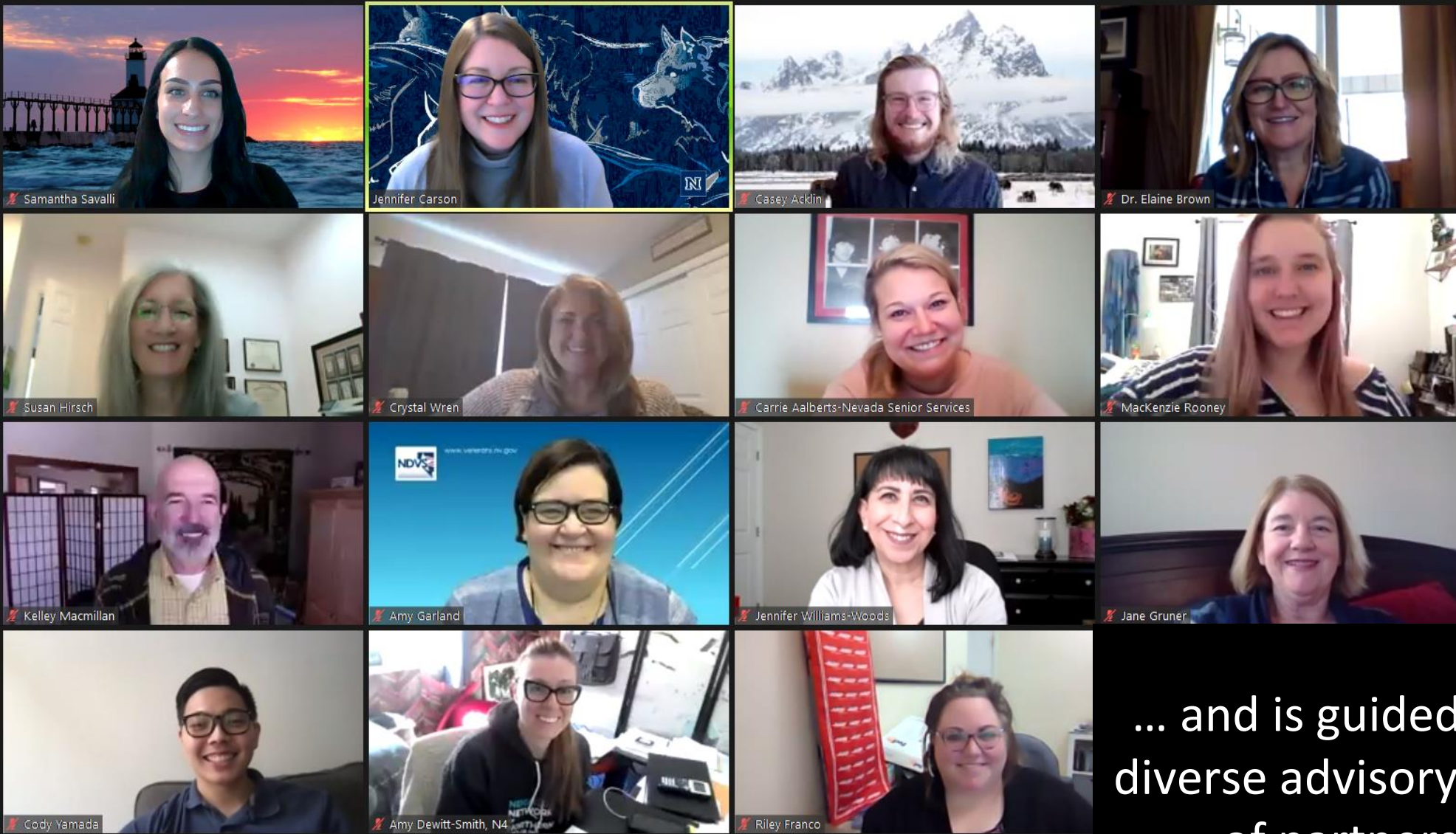


University of Nevada, Reno



The NEST Collaborative was
developed in partnership
with Elder Advisors...





... and is guided by a
diverse advisory team
of partners.



No matter the problem, **community** is the answer.

- NEST Collaborative Program Participants need community, and our communities need them!
- The social fabric of community is formed through reciprocity and a shared sense of belonging.
- The NEST Collaborative aims to cultivate community, one conversation at a time.



NEST Collaborative Programs



- **One-to-One Calls** = *Telephone calls, once or twice a week, from a dedicated NEST Collaborative Volunteer*
- **Peer Social Groups** = *Weekly, volunteer-facilitated, 1-hour Zoom-based conversations with a small group of other Nevadans*
- **Tech Assistance** = *One-to-one tutorials on using technology for any purpose*
- **JavaConnects** (June 2021) = *Twice-weekly facilitated mutual peer support group using music, quotes and images, based on the evidence-based Java Music Club*

Available in English, Spanish, and other languages based on volunteer availability.

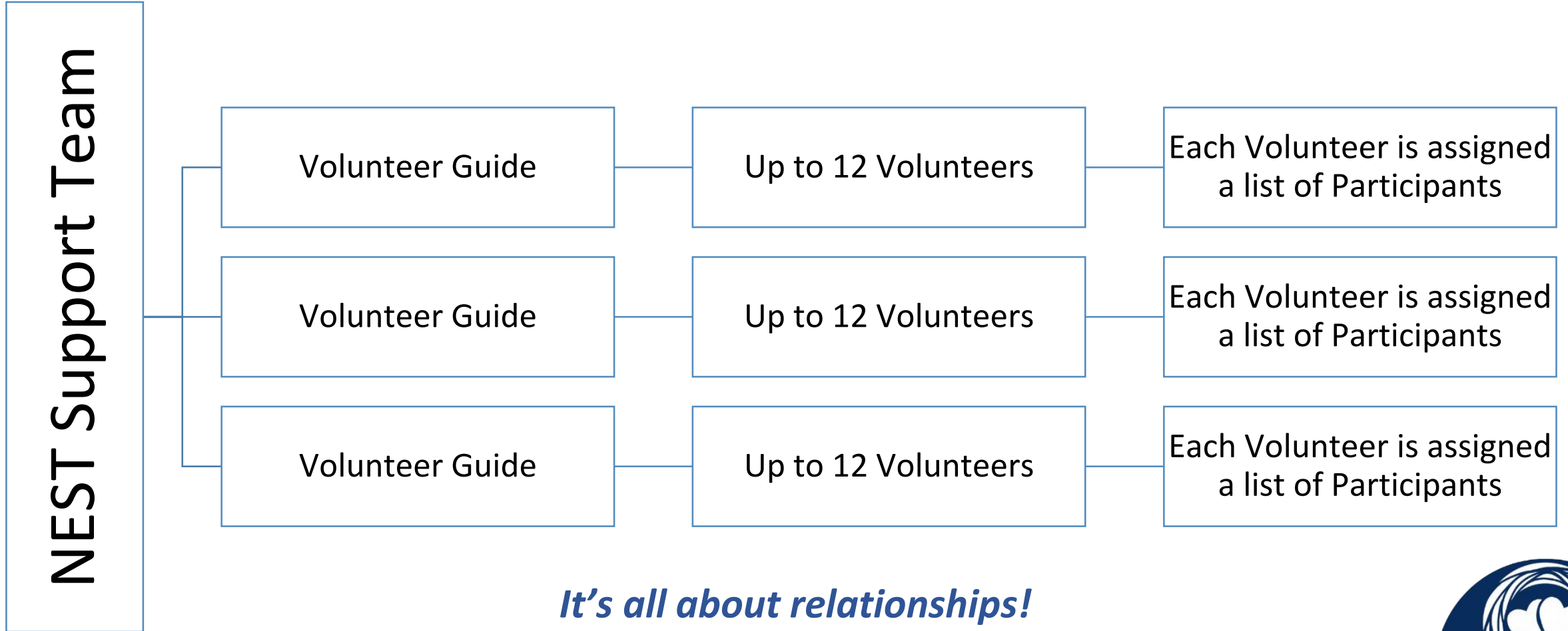
Heroes for Heroes



- Offer NEST Collaborative programs to residents of the Northern and Southern Nevada Veterans Homes, and to community-based Veterans across the state.
- Spearheaded by the Nevada Department of Veterans Services Family Connections Task Force
- Volunteers receive in-depth training and are asked to make a **commitment of one year** of volunteer service.
- Program launched: February 2021.



NEST Support Structure



NEST Support Structure

- **The Nevada Resilience Project** supports families and individuals experiencing struggles and challenges due to COVID - 19.
- Our Resilience Ambassadors provide education, information, counseling, and resource navigation while promoting healthy coping, empowerment, and resilience.

MacKenzie Rooney:
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(702) 469-4809

Marina Hedwall:
mhedwall@health.nv.gov
(775) 431-7083



NEST Volunteer Training – Part 1

- NEST online education portal for self-directed webinar trainings
 - Overview of The NEST Collaborative
 - Elder abuse prevention
 - Suicide prevention
 - Cultural competency and sensitivity
 - Zoom training
- Approx. 3 hours
- Knowledge checks
- Email certificate of completion



NEST Volunteer Training – Part 2

Day 1: 3.5 hours

- Introductions and Overview
- Group Guidelines
- Effective Communication
- Referring Participant Needs
- Next Steps
- Q&A

Day 2: 3.0 hours

- Additional information on Group Facilitation **OR**
- Resources for Tech Assistance training

Upon completion:

- ✓ Email certificate of completion for Part 2
- ✓ Connected with Volunteer Guides
- ✓ Receive list of assigned participants
- ✓ Begin program delivery
- ✓ ***Magic happens!***





Please use the chat box to respond:

- What is one piece of advice you'd like to share with the NEST Collaborative to help us grow our services and increase our impact in 2021?

Thank you!

Questions?



To volunteer, please visit tinyurl.com/volunteer-with-NEST
or email: socialsupport@unr.edu