

# Nebraska DHHS State Unit on Aging

## GetSetUp

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Division of Developmental Disabilities

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*Helping People Live Better Lives.*

# GetSetUp

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- ▶ Digital platform for individuals age 55 and older
- ▶ Connects older adults with programs that support and improve
  - Social connectedness
  - Health and wellness
  - Digital literacy

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- ▶ Provides a wide range of peer-to-peer & expert-led classes
  - Live, on-demand, replays
  - Library of easy-to-read articles and resources

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- ▶ Provides a 24-7 digital assistant
- ▶ Clubs and interest groups
- ▶ Events and challenges

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## Our September Pathways to Possibilities Series:

New curated collections designed to align with September themes.

- **Ageless Fitness:** [Mental Fitness Matters](#)
- **Creativity for Wellness:** [Writing for Wellness & Self-Discovery](#)
- **FinanceWise:** [Insurance Insights](#)
- **Digital Literacy for All:** [Technology for a Healthier You](#)

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## Special Series

- **Stay Safe and Prepared**  
September 1st - 30th
- **Pain Awareness Month**  
September 1st - 30th
- **Healthy Aging Month**  
September 1st - 30th
- **Alzheimer's and Brain Awareness**  
September 1st - 30th
- **Fall Prevention Awareness**  
September 1st - 30th

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# Usage

## Engagement (July 2025)

### Monthly Attendance

Overall number of classes participated by all users  
July 2025

**1,148**

### Monthly Unique Users

Count of unique users participating in classes  
July 2025

**1,094**

### Cumulative Attendance

Overall number of classes participated by all users  
(March 1, 2025 through July 31., 2025)

**10,311**

# Top Classes & Categories (July 2025)

Top Categories (Nebraska)	Top Categories (USA)	Top Classes (Nebraska)
Exercise	Wellness	Get Up with Ease: Floor Exercises for Up & Down Agility
Wellness	Cooking	Easing Arthritis Pain with Gentle Exercises
Art	Exercise	Exercises to Improve Your Bone Density
Aging in Place	Art	Ease into Yoga: 15-Min Gentle Flow
Cooking	Creativity	5-Minute Seated Cardio Blast
Technology	Technology	Short Indoor Interval Walking Working (20-min class) Ep. 3
Food & Nutrition	Online	Healthy Black Bean and Corn Salad for a Slimmer You
Creativity	Communication	Beginner Watercolor: How to Paint a Simple Flower
Mental Enrichment	Food & Nutrition	2-Ingredient Magic: Bake Healthy Cookies!
Online	Google	Cardio Dance

# September Content Focus

## Tech for Fall Prevention, Preparedness and Better Health

Highlights to share with your team and partners:

- Ageless Fitness: [Mental Fitness Matters](#)
- Creativity for Wellness: [Writing for Wellness & Self-Discovery](#)
- FinanceWise: [Insurance Insights](#)
- Digital Literacy for All: [Tech for Better Health](#)

## September Celebratory Series and Holidays

- [National Preparedness Month](#)
- [Pain Awareness Month](#)
- [Healthy Aging Month](#)
- [World Alzheimer's Month](#)
- [Falls Prevention Awareness Month](#)
- Classes for Sepsis Awareness Month and Grandparent's Day



# October Content Focus

## Cyber Security for Financial and Digital Health

Highlights to share with your team and partners:

- Ageless Fitness: [Building Resilience](#)
- Creativity for Wellness: [Seasonal Creations](#)
- FinanceWise: [Financial Foundations](#)
- Digital Literacy for All: [Cybersecurity Awareness: Stay Safe Online](#)

## October Celebratory Series and Holidays

- [National Cyber Security Awareness Month](#)
- [Health Literacy \(Medicare\)](#)
- [Breast Cancer Awareness](#)
- [Halloween](#)



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## GetSetUp

The Nebraska State Unit on Aging has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community.

GetSetUp Welcome Session webinar: [GetSetUp Welcome Session](#) 

[Nebraska GetSetUp Flyer](#) 



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# Join Over 4 Million Older Adults Who Love GetSetUp



The Nebraska State Unit on Aging has partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.

Try a FREE Online Class Today!  
[www.getsetup.io/partner/nebraska](http://www.getsetup.io/partner/nebraska)

**4,000+ Online Classes Across Multiple Categories.**

**Mental Enrichment**

- Creative Writing
- Heart Healthy Cooking

**Social Connection**

- Music Fun Hour
- Game Time

**Technology**

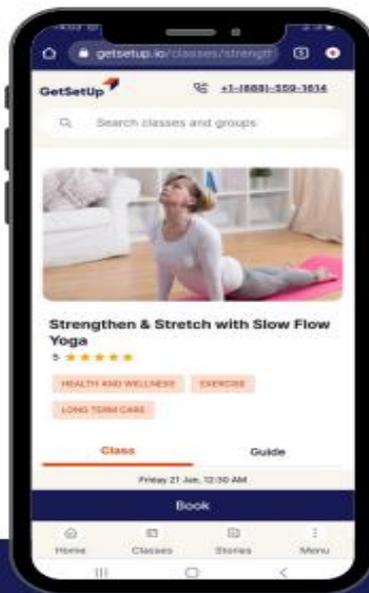
- iPhone Basics
- Google Search-Tips & Tricks

**Physical Fitness**

- Morning Fitness
- Core & Stretch Movement

**Health and Wellness**

- Face Yoga
- Energy & Purpose



**Terri T.**  
**GetSetUp Ambassador**

"I'm leading groups, taking nursing and social work classes to build my curriculum, and using my new Google Slide skills to present. Thank you, GetSetUp, for helping me to get my life back."

# Questions

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