

Northwest Indiana Community Action (NWICA) is a not-for-profit corporation dedicated to helping vulnerable populations overcome barriers to independence. Designated as the Area Agency on Aging, the Community Action Agency and Resource Connections Call Center, we are committed to innovative interventions leading to the creation of communities that support the independence of individuals and families across the lifespan.



Home & Community Based Services

Home & Community Based Services is the coordination of a broad range of services arranged in response to a person's assessed needs and resources. Home & Community Based Services are organized by NWICA's team of professional Case Managers.

AmeriCorps Seniors

Seniors 55 and over in all backgrounds volunteer their time with others in need through one of two programs. *Senior Companions* spend time with another older adult in the community and provides help with things like rides to the doctor or pharmacy or companionship. *Foster Grandparents* volunteer with our students in K-12 school or after school/ tutoring settings to provide social,

Ombudsman

The Indiana Long Term Care Ombudsman Program provides advocacy and related services for customers of long term care services. Long term care settings include nursing facilities, residential care facilities, assisted living facilities, adult foster care homes and county operated residential care facilities.

Prevention & Health Promotion

Our objective is to initiate programs designed to help older adults prevent /manage chronic diseases and develop healthier lifestyles. We know that healthy aging reduces healthcare costs and increases quality of life for older adults.

Some evidence-based programs we offer are: Enhanced Fitness, Chronic Disease Self Management, Building Better Caregivers, and Matter of Balance.

Financial Services

Building assets for individuals and families is the goal of the financial services team. The programs and tools we use are tailored to the individual needs. These may be: Individual Savings Accounts (IDA); free income tax preparation (VITA); credit/ budget planning & other workshops, including elder financial abuse awareness.

Family Development Program

The Family Development Program is a service designed to assist families on the path to self-sufficiency.

NWICA Specialists work with families to set goals. Our strengths-based assessment process promotes, empowers, and nurtures families towards economic and social self-sufficiency.

Aging & Disability Resource Center

The ADRC is a professionally staffed office that assists seniors and persons with disabilities in navigating the systems and choices for care that is likely to be long-term. NWICA's Aging and Disability Resource Center supports older adults and persons with disabilities, as well as their families and caregivers, by providing useful information, assistance, linkage to services, and consumer-oriented education with the primary value of giving consumers options in long-term care.

Energy Programs

The Energy Assistance Program (EAP) offers eligible clients a credit on their heating and cooling expenses and provides clients with the opportunity to learn about energy conservation. The Low Income Home Energy Assistance Program can help low-wage earning households with grants for winter heating expenses and summer cooling assistance.

Nutrition Programs

- Our services include both home-delivery for individuals and congregate site options.
- We provide hot, nutritionally balanced meals, nutrition education and other appropriate counseling to older adults. Some programs include a group meal, which is a great opportunity for socializing with other seniors.
- The NWICA Nutrition Program provides roughly 300,000 meals to 4,000 individuals throughout the planning and service area.

Resource Connections

Whether you're trying to find information for yourself or a loved one, our information and assistance call center is a great place to start. NWICA's Resource Connections team provide callers with local & trusted information everyday from our northwest Indiana call center.

Family Caregiver Program

The Family Caregiver Program offers information, support, and resources to assist family caregivers (spouse, adult child, other relative, friend or neighbor) with their concerns related to caregiving and helps caregivers find solutions to their caregiving dilemmas.

Housing Choice Voucher Program

The Section 8 Housing Choice Voucher Program (HCVP) is a win-win for both economically disadvantaged renters and property owners. It provides rental assistance to eligible families and guarantees monthly payments to owners.

Women, Infants & Children (WIC)

WIC is nationally recognized for improving access to nutritious foods and promoting healthier eating and lifestyles. Women, infants, and children access nutrition and health screenings and assessments, nutrition education and counseling, breastfeeding support and promotion, referrals to other existing Indiana health, family and social services, and supplemental healthy foods designed to meet special nutritional needs.