

“BLESSED ARE THE MERCIFUL,
FOR THEY SHALL OBTAIN MERCY.”

(MATTHEW 5:7)



OUR FAITH IN ACTION

A Project Funded by TIA in 2016

Universal Rehabilitation Service Agency (URSA) Rehab on the Mountain

URSA developed “Rehab on the Mountain” for brain injury survivors in 2009. URSA takes three different trips annually. The program was developed, with our clients in mind, to give them something they may have never been able to otherwise experience – a recreation trip outside of the city with their peers. Not only does it provide a much needed break for them but there are other substantial benefits and skills learned on these trips. These include: broadening the clients' community connections; increasing social integration into the community; promoting independence and personal growth that can be applied to daily living skills such as time management, budgeting and communication; and increasing physical, mental, and emotional wellbeing. Having built their own external social networks through this program, clients have increased self-esteem and increased social inclusion which helps them to continue living independently. Overall it helps improve clients’ quality of life. Unable to afford these types of trips while on AISH (Assured Income for the Severely Handicapped), many clients would not be able to benefit from these trips.



Financial assistance from Charities and Development has helped URSA provide these trips at little to no cost to our clients. In 2016, clients went on a ski trip to Sunshine Village, a bike trip and white water rafting. Funds were used for lift tickets, accommodations, food, transportation, renting adaptable equipment from Rocky Mountain Adaptive Sports Centre in Canmore, lessons, etc.

