

Frequently Asked Questions (FAQ)

What is the name of your program?

URSA's newest program for Adults with Disabilities in Airdrie is called **North Stars**, continuing URSA's tradition of naming programs with inspiration from astrology and mythology. The name **URSA** itself means "Great Bear" in astrology, representing the constellations **URSA Major** and **URSA Minor**, known as the Big Dipper and Little Dipper. Our mascot, a bear, symbolizes these constellations and embodies the strength and guidance we provide to the individuals we support.

Adding to this legacy, North Stars symbolizes guidance, stability, and the unwavering support we provide to individuals as they navigate their journeys toward independence and inclusion in the community.

What services does the North Stars Airdrie location offer?

North Stars Airdrie is a dedicated onsite program designed to meet the physical, emotional, and social needs of individuals with developmental disabilities. This program focuses on recreation, skill development, and fostering meaningful social connections, helping participants thrive in a supportive and engaging environment.

We take a collaborative approach, involving individuals, their families, guardians, and our staff in decision-making to ensure personalized support. The program offers flexible scheduling, allowing participants to engage in activities throughout the day.

Our facility is fully wheelchair-accessible, featuring ceiling lifts, wheelchair-accessible washrooms, spacious change areas, and wide, open spaces. In addition, Airdrie North Stars offers a variety of program spaces, including:

- A full wheelchair-accessible kitchen
- A fenced outdoor space
- Very large open activity spaces
- Large meeting space
- Washer/dryer
- On-site parking

Who is eligible to access services at this location?

The Airdrie program is open to individuals who are:

- Eligible for Persons with Developmental Disabilities (PDD)
- 18 years or older
- Requiring support with daily living activities, and/or mobility issues
- Managing medical needs with the assistance of caregiving staff (note: LPNs or RNs are not available).

The URSA Airdrie North Stars program is geared towards adults who require staff support for most daily living tasks. Some individuals may have medical conditions that require them to use a wheelchair or walker. Our program does not focus on behaviours of concern, such as aggression or property damage.

What are the hours of operation?

Hours are generally 8:00 am to 4:00 pm Monday – Friday.
Some weekend and evening programs available.

How Much Do the Programs or Services Cost?

Funding for our programs is primarily provided through Persons with Developmental Disabilities (PDD). If you are unsure about your funding options or eligibility, we encourage you to get in touch with Mary-Beth at (403) 272-7722 ext 217 or marybeth.finney@ursa-rehab.com.

We will work with you to explore funding options and find a solution that meets your needs. For those without PDD funding, a drop-in rate may be available. Our goal is to ensure that financial circumstances are never a barrier to accessing our programs, and we are committed to working with families to find an arrangement they feel comfortable with.

Please don't hesitate to reach out—we are here to help!

How can I enroll my family member in North Stars Airdrie program?

We are thrilled to welcome new participants to our Airdrie program! To begin, please contact Mary-Beth. She will be happy to answer your initial questions and schedule a tour of our facility.

During the tour, we will provide detailed information about the program, address any questions you may have, and discuss how we can best support your loved one.

Following the tour, we will guide you on the next steps, including connecting with your PDD worker to complete the referral process.

We are here to support you every step of the way and look forward to welcoming you to the URSA community

Is transportation provided to and from the location?

Transportation to and from the Airdrie location is not provided by URSA and is the responsibility of the family to arrange. However, if transportation is a barrier, we encourage you to reach out to us. We understand this can be challenging, and we are happy to work with you to connect you with potential solutions. Rocky View County and the City of Airdrie do have some accessible transportation options.

What does a typical day look like?

North Stars Airdrie offers a wide range of activities to keep individuals engaged and connected. From karaoke and baking to art, adaptive yoga, and floor hockey, there is something for everyone. Outings to the library or Genesis Place are also popular options if transportation can be arranged. These activities are designed to promote recreation, creativity, and community involvement.

While we have a schedule to provide structure, each day is unique. We consider the specific individuals attending and adapt the activities to ensure a meaningful and personalized experience for everyone.

What types of activities are offered?

- Planned community outings to Genesis, Bowling, the Airdrie public Library
- Yogabilities/ Yoga class for people of all abilities
- Life Skills – such as cooking and baking
- Music Therapy and Sensory groups
- Karaoke and music sessions
- Sports and recreation activities
- Arts, crafts and games

Activities are offered on-site and in the community. Please get in touch with Mary-Beth Finney if you have additional scheduling questions

Are there opportunities for participants to engage in local events?

Absolutely! At URSA, we believe in fostering strong connections within the community. Participants in our programs have opportunities to engage in local events and initiatives, building meaningful relationships and contributing to the community. We work with families on transportation needs.

Does URSA offer other services aside from the North Stars Program in Airdrie?

At this time, the North Stars Airdrie Program focus is on adult programming. However, URSA offers a range of services in Calgary, including children's respite care, specialized programs, and residential support.

For families looking for accessible recreation options, the URSA Retreat Centre is a fully accessible space available for group bookings, offering a great setting at an affordable rate.

We are also looking to build community connections in Airdrie and hope to host future events and partnerships. If you have any questions or would like to share what services would be valuable to you, we'd love to hear from you!

Can I or a family member volunteer at URSA?

We welcome groups or individuals who would like to volunteer with URSA. If your group is interested in giving back, please reach out to Amber at amber.townsley@ursa-rehab.com, and we'll match your group with a project that is the best fit for your interests and skills. Volunteering opportunities may include tasks such as:

- Painting, minor repairs, and general maintenance to keep our spaces vibrant and functional.
- Outdoor Projects: Yard clean-up, gardening, landscaping, and beautification of outdoor areas.
- Event Support: Assisting with set-up and coordination of special events and activities.

Can I tour the facility before enrolling?

We would love to have you tour our facility and see what we are all about. Get in touch with Mary-Beth today to book your tour. We are located at #104, 2890 Kingsview Blvd SE, Airdrie, AB T4A 0E1

Are virtual tours or information sessions available?

Virtual Tours are available as needed; please get in touch with Mary-Beth to schedule your tour today.

Who can I contact for more information?

- Mary-Beth Finney at (403) 272-7722 ext 217 or marybeth.finney@ursa-rehab.com
- Connect with us on Facebook @ Universal Rehabilitation Service Agency (URSA)
- Connect with us on Instagram @ ursa_rehab

We look forward to welcoming you to the North Stars Airdrie Program. For more details or to schedule a tour, please contact Mary-Beth Finney at (403) 272-7722 ext 217 or marybeth.finney@ursa-rehab.com