



Shepherd Center

*restoring hope rebuilding lives*

*The highest standard in comprehensive spinal cord and brain injury rehabilitation*

# *restoring hope rebuilding lives*

Shepherd Center, located in Atlanta, Georgia, is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury or brain injury.

Shepherd Center is ranked by *U.S. News & World Report* among the top 10 rehabilitation hospitals in the nation.

Patients at Shepherd Center get more than just medical care; they get an experience that brings healing and hope. Shepherd takes a team approach to rehabilitation. We understand that patients are going through more than just recovery from an injury; they are learning a new way of life.

We work with each person to draw up a blueprint for rehabilitation, tapping into state-of-the-art medical care and comprehensive educational services. We also serve as an ambassador to help patients navigate their journey over a lifetime. At Shepherd Center, we are a family, working together to help patients and their families obtain the care they need plus so much more.



# shepherd center

WHY CHOOSE SHEPHERD?

Shepherd Center specializes in the treatment of spinal cord injury and brain injury. We're not a general rehabilitation hospital like the majority of facilities patients and families will encounter. That means we have more experience dealing with specialized situations.

**MEDICAL ADVANTAGE** Our specialization has enabled our staff to develop higher levels of expertise and achieve better results for those we serve. When it comes to functional improvements, our patients are more independent and have better outcomes than the national average. Our return-to-home and return-to-work rates are among the best.

**CONTINUUM OF CARE** Shepherd Center offers a complete continuum of care, from evaluation and medical treatment to rehabilitation and lifelong support programs. Those we serve have access to programs that many other facilities don't have, like therapeutic recreation, community outings, pastoral care, extensive family training, assistive technology, back-to-school programs and peer support.

**ADVANCED TECHNOLOGY** Patients at Shepherd Center receive customized solutions to help them integrate daily tasks back into their lives. Experts and technology specialists help people customize an appropriate package of technological solutions that maximize independence in accomplishing day-to-day tasks.

**LEADERS IN RESEARCH** Clinical studies are conducted in collaboration with leading experts at other hospitals, research centers, medical schools and universities around the world. Whether studying a new device, testing an improved surgical procedure or developing a new treatment method, research at Shepherd Center translates directly into an improved quality of life for our patients.

**ACCREDITATION** Shepherd Center is accredited by The Joint Commission and the Commission on Accreditation of Rehabilitation Facilities (CARF). Shepherd Center is also designated as a Model SCI System of Care by the National Institutes on Disability and Rehabilitation Research (NIDRR.)

**PATIENT AND FAMILY TRAINING** Patients and families participate in training sessions to learn as much as possible about the injury or illness to manage ongoing medical care after returning home. Having a thorough understanding helps patients take full advantage of the rehabilitation process and can help prevent rehospitalization.



Visit us online at  
[shepherd.org](http://shepherd.org)



# spinal cord injury rehabilitation

WORLD-CLASS TREATMENT FOR MAXIMUM INDEPENDENCE

Shepherd Center provides the largest and most comprehensive program in the nation for people with spinal cord injury. We are a national leader in spinal cord injury treatment, rehabilitation and research. Every year, people from across the country travel to Shepherd Center for our specialized brand of rehabilitation that most general rehabilitation hospitals cannot match.

## ACHIEVING THE BEST POSSIBLE OUTCOMES

From the time of acute admission through outpatient follow-up, our program provides a full continuum of care to people with any level of injury, including those who are ventilator-dependent or have a dual diagnosis of spinal cord and brain injury.

Shepherd Center's expert treatment teams are managed by physiatrists and a multidisciplinary team of rehabilitation specialists, including nurses, respiratory therapists, speech language pathologists, occupational therapists, physical therapists, nutritionists,

psychologists, counselors and therapeutic recreation specialists.

Our patients achieve some of the greatest functional improvements from the time they are admitted to the time they are discharged. In addition, Shepherd Center is one of 14 rehabilitation hospitals in the nation designated by the federal government as a "Model System" of care for people with spinal cord injury. Hospitals that receive this designation serve as a model for other service providers.

The Spinal Cord Injury Program offers the following continuum of care:

- ICU
- Acute Care
- Inpatient Rehabilitation
- Day Program
- Outpatient Therapy
- Supported Transition  
Back to Community
- Fitness and Wellness Programs



For detailed information about our spinal cord injury rehabilitation program, visit [shepherd.org/sci](http://shepherd.org/sci).

"At Shepherd, just like in football, they wanted a lot out of me. They pushed me. It was like training camp in a way."

— Former high school football player J.T. Townsend of Jacksonville, Fla., who sustained a C-1 to C-2 spinal cord injury while making a play on the field

A close-up portrait of a man with dark skin and short dark hair, smiling warmly. He is wearing a pearl earring in his left ear. A blue and yellow object, possibly a microphone or a piece of equipment, is visible near his mouth. The background is softly blurred.

*his*  
comeback

# *brain injury rehabilitation*

WORLD-CLASS TREATMENT FOR MAXIMUM INDEPENDENCE

Shepherd Center provides a full continuum of care to meet the complex needs of people with brain injuries, as well as people who have had complications from a stroke or tumor. Our goal is to help those we serve return to the highest level of independence possible.



## *her comeback*

“Molly came from being home in a minimally conscious state to interacting verbally and feeding herself. She’s walking with assistance. It’s just miraculous.

The people here are just so dedicated...giving so much of themselves. It shows in all the patients that come here, and that’s why Shepherd has such an awesome reputation.”

— Mary Welch, mother of brain injury patient  
Molly Welch



For detailed information about our brain injury rehabilitation program, visit [shepherd.org/braininjury](http://shepherd.org/braininjury).

## ACHIEVING THE BEST POSSIBLE OUTCOMES

Shepherd Center has a national reputation for helping people with brain injuries become as independent as possible and return to a meaningful life. We have treated thousands of people with brain injuries, and our medical outcomes exceed regional and national averages.

Shepherd Center provides a full continuum of care that is focused on community re-entry, which for many people means returning to home, work or a supported, community-living environment.

Our expert treatment teams are managed by physiatrists and a multidisciplinary team of rehabilitation specialists. These professionals assess patients' medical and clinical needs and coordinate their care program — from ICU-level care, rehabilitation and family training to post-acute services, such as our Day Program and Outpatient Services.

### The Brain Injury Program offers the following continuum of care:

- ICU
- Acute Care
- PREP (for semi-comatose or minimally conscious)
- Inpatient Rehabilitation
- Day Program
- Outpatient Therapy
- Supported Transition Back to Community
- Residential Program
- Supported Living



**“We saw incredible progress from day one. Shepherd Center has been such a blessing.”**

— Nancy Robertson, whose son Chad sustained a brain injury during surgery he needed following a serious car accident

# specialty programs

PATIENT-FOCUSED CARE

Specialty care programs for inpatients at Shepherd Center cater to the individual needs of adolescents and adults.

**VENTILATOR PROGRAM** Led by an experienced and aggressive team, Shepherd's program works to wean people off ventilators whenever possible. For people who remain ventilator-dependent, our focus is education on living an active lifestyle. Each patient and their family members are trained in home-care techniques, health management, and diaphragm pacing when appropriate. For more information, visit [shepherd.org/sci](http://shepherd.org/sci).



**ADOLESCENT PROGRAM** Teens and young adults are grouped together in a unique environment that provides for a strong peer-support system. A high priority is placed on the involvement of family and friends. For more information, visit [shepherd.org/adolescent](http://shepherd.org/adolescent).



**HIGH-TETRAPLEGIA PROGRAM** Shepherd Center's medical and rehabilitation teams treat people with some of the most medically complex injuries. Each year, Shepherd sees a high volume of people who were injured at the C-1 to C-4 level. The therapy program includes weekly community outings and patient and family education. For more information, visit [shepherd.org/sci](http://shepherd.org/sci).



**PREP** The Pre-Rehabilitation and Education Program (PREP) is designed for people who are semi-comatose or minimally conscious. PREP is a short-term program that can last for several weeks. A key focus is family training and education so families can learn the necessary skills they'll need to take their loved one home. For more information, visit [shepherd.org/braininjury](http://shepherd.org/braininjury).



**DUAL DIAGNOSIS (SPINAL CORD AND BRAIN INJURY)** Shepherd Center understands the unique needs of a person who is recovering from both spinal cord and brain injuries. This "dual diagnosis" requires expert care. While focusing on regaining movement and strength, our teams also treat the potential learning and memory challenges caused by a brain injury. For more information, visit [shepherd.org/sci](http://shepherd.org/sci) or [shepherd.org/braininjury](http://shepherd.org/braininjury).

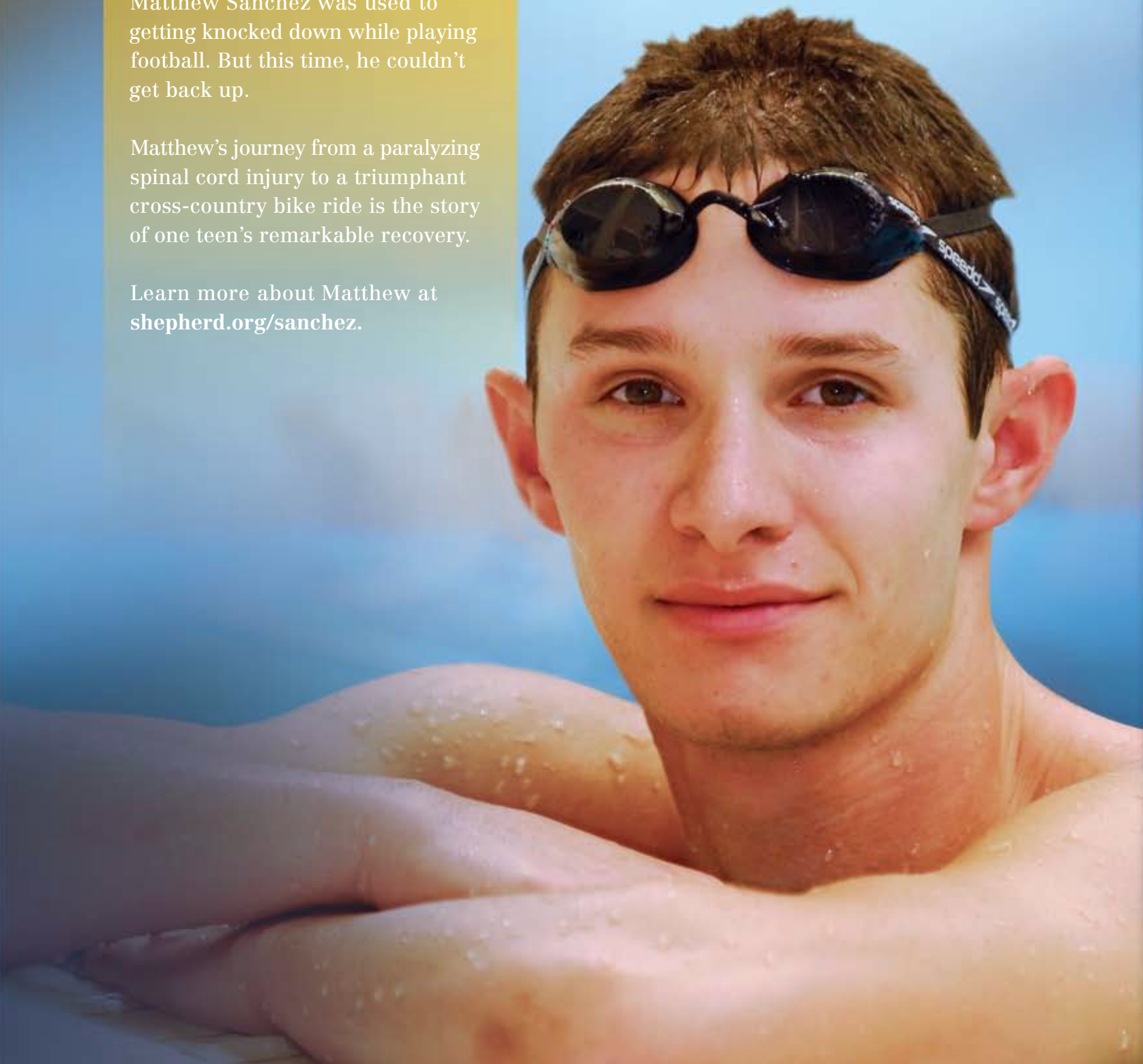


# *his* comeback

Matthew Sanchez was used to getting knocked down while playing football. But this time, he couldn't get back up.

Matthew's journey from a paralyzing spinal cord injury to a triumphant cross-country bike ride is the story of one teen's remarkable recovery.

Learn more about Matthew at [shepherd.org/sanchez](http://shepherd.org/sanchez).



# admissions

## HOW TO MAKE A REFERRAL

Referrals to Shepherd Center can be made by a physician, hospital discharge planner or social worker, insurance company case manager or a patient's family member.

Our staff of admissions liaisons can begin the admission process anywhere in the United States within 24 hours of referral. We offer this service free of charge and often serve as the referring facility's primary educator and resource for family members.

Patients can be admitted from an acute-care hospital (including ICU-to-ICU transfer), sub-acute care, LTACH facility, nursing home or from the person's home.

We help families through the admissions process with an action plan that identifies important next steps for families to take.

**CONTACT OUR ADMISSIONS DEPARTMENT** Please contact our Admissions Department to refer a person with a spinal cord injury, brain injury, stroke or neuromuscular diagnosis.

**Online.** Submit a referral via our online form at [shepherd.org/admissions](http://shepherd.org/admissions).

**By Phone or Fax.** Call 1-800-SHEPHERD (800-743-7437) or 404-350-7345 (within metro Atlanta area), or fax 404-603-4504 (8 a.m. - 4:30 p.m. Monday-Friday).

**By Email.** Email admissions at [admissions@shepherd.org](mailto:admissions@shepherd.org).

**FAMILY HOUSING** Shepherd Center provides temporary housing for up to 30 days for families of newly injured rehabilitation patients who live more than 50 miles from Atlanta. Those who need housing while a loved one is at Shepherd Center may notify the admissions liaison handling the admission. For more information, visit the Family Housing area of our Web site at [shepherd.org/familyhousing](http://shepherd.org/familyhousing).



### AT A GLANCE:

- Founded in 1975
- More than 1,200 staff members
- Core medical staff of 12 supported by nearly 100 physician consultants
- More than 950 volunteers



Shepherd Center

## *Visit Us*

To become more familiar with Shepherd Center and the team who will care for your loved one, we encourage your family to tour the hospital before patient admission.

**VIRTUAL TOUR** You can learn more about our patient care programs, patient success stories and what's new at Shepherd by visiting our video Web site at [shepherdTV.org](http://shepherdTV.org).

**FAMILY TOURS** To arrange a private tour, call Shepherd Center at 404-352-2020 or email [admissions@shepherd.org](mailto:admissions@shepherd.org).

**COMMUNITY TOURS** The Shepherd Center Foundation conducts monthly tours of the hospital that are led by hospital co-founder Alana Shepherd. Community members are welcome to attend. For more information, call 404-350-7383.



## *giving*

### HOW YOU CAN MAKE A DIFFERENCE

As a not-for-profit hospital, Shepherd Center relies on philanthropic support from individuals, families, corporations and foundations.

Donations help fund patient care programs, patient equipment, family housing, special and capital projects, technology and educational programs. To learn how you can contribute in a variety of ways, visit the Shepherd Center Foundation at [shepherd.org/foundation](http://shepherd.org/foundation).



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