



## SPINAL CORD INJURY DAY REHABILITATION PROGRAM

### *Extending Your Rehabilitation Benefits*

Many patients with complex injuries need to continue their recovery and rehabilitation, but no longer require round-the-clock care of a hospital setting. This is why Shepherd Center created the day program for spinal cord injury, Guillain-Barré syndrome, multiple sclerosis or other neuromuscular disorders. It is also for people with both a spinal cord and a brain injury.

---

*The day program helps minimize the chance of further medical complications that are secondary to the neurological injury or illness*

---

### WHAT IS SHEPHERD CENTER'S DAY PROGRAM?

The day program is much like our inpatient rehabilitation program, except patients do not stay in the hospital and services are focused on the functional return of skills necessary for community reintegration. Services you may need include physical or occupational therapy, nursing, respiratory therapy, counseling sessions, therapeutic recreation and educational training sessions.

Depending on your goals, you may need these services for a few days or a few weeks. This lower-cost transition to home and community program provides two to five days of therapy per week for a minimum of three hours of treatment focusing on community reintegration.

The day program also helps minimize the chance of further medical complications that are secondary to the neurological injury or illness.

### A SPECIALIZED PROGRAM

People don't respond to injury or illness in exactly the same way, therefore one rehabilitation program won't work for everyone. Shepherd's day program focuses on the specific recovery and rehabilitation needs of each patient. A physician oversees every part of your care and a case manager coordinates your schedule and tracks the progress you make towards independence.

### GOING HOME

Going home and perhaps back to work or school can be a stressful time. We offer a wide range of services to help make this transition go smoothly, including:

- **Medical care** Our nursing care continues in the day program and may include care for neurogenic bowel and bladder, spasticity, blood pressure, blood clots, contractures, strength and mobility issues.
- **Return-to-work counseling** You may or may not be able to return to the same type of work you did before your injury. Our counselors will help you find a job or career that's right for you.
- **Back-to-school program** Through our No Obstacles program, you and a Shepherd therapist design a back-to-school plan that can include in-school awareness and sensitivity training for school staff and students, as well as instruction in medical issues, which may come up during your school day.
- **Life-skills training** Our therapists help you practice the skills you'll need to get through a normal day. This can include everything from grooming and dressing to managing your schedule and working with others.

- **Mobility training** Outings into the surrounding neighborhood will help you practice skills you'll need in your own community.
- **Family/caregiver training** We offer classes for your family or other caregivers to make sure they understand your injury or illness and your needs. We also request that your caregiver be present for selected times of the day to work with the health care team.
- **Assistive technology** Our assistive technology professionals help you achieve maximum independence through technological solutions, including computer training, driver training and an environmental control lab.
- **Marcus Community Bridge program** Our experts help you make sure that the skills you learned during rehabilitation are applied at home and in the community. They also help coordinate your equipment needs, arrange for follow-up care and assist with back-to-work or back-to-school goals. This free service is provided to patients on an as-needed basis.

## HOUSING

Housing for patients in the day program is provided at no cost for the duration of the rehabilitation program. To qualify for housing, patients must live more than 60 miles outside Atlanta.

## WHO PAYS FOR THE DAY PROGRAM?

More than 90 percent of Georgia HMO and PPO insurance plans include Shepherd Center's spinal cord injury program. We also make agreements with most other private insurers on a case-by-case basis, and we accept Medicaid and Medicare.

If you have questions about payment or anything else related to the day program, please call the Admissions Office at 404-350-7345.

## SHEPHERD CENTER IS

- The largest freestanding hospital in the country devoted to the medical care and rehabilitation of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular problems.
- A Spinal Cord Injury Model Center designated by the National Institute on Disability and Rehabilitation Research.
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

## IMPORTANT PHONE NUMBERS

Admissions: 1-800-SHEPHERD  
or (404) 350-7345

Main switchboard: (404) 352-2020

Visit Shepherd Center online at [www.shepherd.org](http://www.shepherd.org)