



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 an inpatient, hospital setting. This is why Shepherd Center created the Day Program to provide comprehensive, outpatient rehabilitation services to people with spinal cord injury and other neuromuscular disorders in order to increase the level of independent functioning at home, work/school, and in the community.

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, counseling sessions, speech therapy, therapeutic recreation and educational training sessions. In addition, the Day Program staff helps to coordinate other services or clinics, such as: assistive technology, driving consultation, locomotor training clinic, seating clinic, upper extremity clinic, or other specialty medical consultations.

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.

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:

- **Mobility training** Our therapists help you practice skills ranging from mobility in bed, to transfers, wheelchair skills or management, or if appropriate, walking.
- **Community Re-entry Outings** into the surrounding neighborhood will help you practice skills you'll need in your own community.
- **Self-care training and Life-skills training** This can include everything from grooming and dressing to managing your schedule and working with others.
- **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.
- **Medical care** Our nursing care continues in the Day Program and may include education to prepare you

to 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 by discussing options to help you find a job or career that's right for you.

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 30 miles outside Atlanta and have a trained caregiver that is over 18 years old and that can stay with you full time.

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

Barbara Teague, MS, CRC: 404-350-7588

Shepherd Center: 404-352-2020

Visit Shepherd Center online at www.shepherd.org

For more information about admissions to the Day Program, visit: www.shepherd.org/patient-care/spinal-cord-injury/day-program