



WHAT TO BRING TO SHEPHERD CENTER

A Checklist for Patients and Family

Whether you stay at Shepherd Center for a few days or a few weeks, having some of your personal items from home can make you feel more comfortable. This could mean bringing your books and photographs or a favorite T-shirt and sweater. The checklist below will help you pack for your stay at Shepherd.

ITEMS TO CONSIDER BRINGING:

- Toothbrush
- Comb or brush
- Shaving supplies
- Deodorant
- Make-up
- Shampoo and other hair care products
- Hair dryer
- Tissues
- Prescription medications in their original containers. (Your doctor will need information on the exact brand and dosage you receive).
- Shepherd Center can provide some personal care items if needed.

FOR MEDICAL/SURGICAL PATIENTS:

If you are scheduled for surgery, be sure to bring pajamas or other comfortable clothes for your hospital stay.

FOR REHABILITATION PROGRAM PATIENTS:

Rehabilitation patients will get up and get dressed every day for therapy. You will need an assortment of comfortable, loose-fitting clothes. For all clothes, be sure to label them with your name in permanent marker.

CLOTHING SUGGESTIONS:

- Pajamas
- Pants with an elastic waistband, such as cotton or nylon sweat pants (5 pairs)
- Comfortable shirts (4)
- Light-weight jacket
- Swimsuit
- Socks – athletic style (4 pair)
- Underwear (at least one week's supply)
- Athletic shoes, at least one size larger than usual (1 pair).
- Outdoor wear during the colder months, including warm jacket, heavy sweater and hat.

Washers and dryers are available on each floor for patient use.

As your rehabilitation progresses and you begin participating in community outings, you will need more usual daily wear. For these outings, you will need the type of clothes you wore before your hospital stay, such as casual pants and shirts, skirts or dresses and everyday shoes.

WHAT NOT TO BRING:

- Valuable jewelry, expensive electronic items or large amounts of cash. We recommend that no more than \$10 be kept in your room at any time. Shepherd Center cannot accept responsibility for lost items. During regular business hours, you may store valuables in our business office safe if needed. However, please understand that you will not be able to get them on evenings and weekends.
- Heaters, heating pads, or equipment for food preparation and storage.
- Firearms or other weapons.

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), and its spinal cord and brain injury programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

IMPORTANT PHONE NUMBERS

Main switchboard: 404-352-2020
Admissions: 1-800-SHEPHERD or
404-350-7345

Visit Shepherd Center online at www.shepherd.org