



Why Choose Shepherd Center?

Facts About Shepherd Center

At a Glance

- Largest rehabilitation center in the nation specializing in spinal cord and brain injury
- Patients come from all 50 states and more than 25 foreign countries.
- One of 14 federally designated Spinal Cord Injury Model System centers in the United States
- Named by *U.S. News and World Report* as a Top 10 Rehabilitation Hospital in the Nation in 2009
- One of seven Christopher and Dana Reeve Foundation designated NeuroRecovery Network (NRN) sites in the nation
- 30 days of complimentary housing for families who live more than 60 miles from the Center
- Shepherd Center's Functional Improvement Measures (FIM) scores at discharge are higher than the national average for people admitted for spinal cord injury rehabilitation.
- Ninety-two percent of patients discharged from Shepherd Center return to their home and community compared to 72 percent nationally.

Full Continuum of Care

- A Shepherd Center admissions liaison based in your area is available to meet with patients/families who are referred to Shepherd Center. Our local liaison is also available to meet with referring hospital staff, physicians and insurance company representatives to discuss all aspects of admission.
- In-center, 10-bed intensive care unit
- Inpatient rehabilitation
 - Multidisciplinary Treatment Team: MD, RN case manager, PT, OT, TR, speech and language pathologist, RN and psychological counselor
 - Three hours or more hours daily of physical, occupational and/or speech therapy
 - Therapeutic recreation

- Psychological counseling for patients and families
- Patient and family education
- Animal-assisted therapy
- Extensive caregiver training
- Community outings
- Activity-based therapy with locomotor training and functional electrical stimulation cycles and neuroprosthesis
- State-of-the-art equipment such as RT300 FES bikes, Lokomat (exoskeleton) or body-weight assisted treadmill, and Bioness devices for the hands and/or legs
- Spinal Cord Injury Day Program
 - An innovative program for patients who no longer require 24-hour nursing care, but still require coordinated services and have the potential to become more functional
 - Typically a four-week program
 - Monday through Friday, 9 a.m. to 4 p.m.
 - Multidisciplinary Treatment Team: MD, RN case manager, PT, OT, TR, speech and language pathologist, RN and psychological counselor
 - On-site vocational assessments
 - On-site adaptive driving training
 - Community Outings
 - On-campus housing for out-of-town patients and a family member
 - Complimentary membership to Shepherd's ProMotion Fitness Center/Pool
- Outpatient Program
 - Multi-Specialty Clinics
 - Shepherd Pain Institute
 - Physical, Occupational and Speech Therapy
 - Locomotor training (NeuroRecovery Network)

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■ Beyond Therapy Program

- An exercise-intensive program for qualified patients who wish to continue a rigorous program of exercise
- Specialty therapeutic equipment including RT300 FES bikes, Lokomat (exoskeleton) or body-weight assisted treadmill, Giger and Bioness devices for the hands and/or legs

■ Promotion Wellness Program

- Open to all community members
- On-site exercise trainers
- 25-yard swimming pool

■ Marcus Community Bridge Program

- Available to the patient and family for up to one year following discharge to assist with referrals, equipment and other issues
- Staff of 16
- Telehealth program

Specialty Inpatient Programs

■ High Tetraplegia/Acute Team

- Medically acute trained teams
- Extremely high success rate for ventilator weaning at the C-3 and C-4 levels
- NeuRX Diaphragmatic Pacing System™ (DPS) for people who are ventilator dependent
- Peer support
- Respiratory training for family members and patients
- Weekly groups
- Community outings
- Assistive Technology

■ Adolescent/Young Adult Team

- Specialty adolescent spinal cord injury team (PTs, OTs, case managers, recreation therapists, psychologist/psychological counselors and academic coordinator)
- On-site academic coordinator (to help adolescents return home on grade level)
- Community outings and activities specifically geared toward adolescents
- Weekly adolescent support group
- Teen game room (Wii, air hockey, etc.)
- Large contingent of peer supporters who are adolescents

- “No Obstacles” Program – The patient and team prepare a program for return to middle or high school.
- Friends and siblings are encouraged to visit and participate in family training and education.
- Adolescent bus with video, stereo and other entertainment features

■ Dual Diagnosis Team

- Concurrent, specially designed therapy for people with both spinal cord and acquired brain injuries
- Screening tools
- Visual learning aids
- Memory books
- Special groups
- Quiet treatment areas
- Neuropsychology and psychology

■ World-class Assistive Technology Center

- For mobility, independence and vocational assistance
- Voice-activated technology
- Eyegaze Edge technology
- Wide variety of high-tech adaptive equipment

■ Recreation Therapy Specialists

- Six specialist areas of expertise: art, aquatics, horticulture, outdoors, sports and music
- Aquatic therapy (25-yard pool)
- 12 competitive sports teams
- Paralympic athletes who work out daily at Shepherd Center
- Art studio with adaptive equipment, potter’s wheel and kiln
- Photography program and accessible dark room
- Horticulture program
- Scuba program for people with tetraplegia and paraplegia
- Once-a-month inpatient weekend camping trip
- Airport mobility training day with Delta Air Lines at Atlanta’s Hartsfield-Jackson International Airport
- Six, age-appropriate community outings scheduled each week

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- Locomotor Training
 - Lokomat (robotic) exoskeleton for non-ambulators
 - Manually assisted Body-weight Supported Treadmill Training (BWSTT) for patients who meet criteria
 - NeuroRecovery Network (outpatients)
 - Shepherd Step Program (outpatients)

- Peer Support Program
 - More than 500 former and current Shepherd Center patients who volunteer to meet with new patients
 - Typically match patients with a peer supporter who is of similar age, level of injury, or who has similar interests

- Numerous support groups for people with spinal cord injury and/or brain injury
 - Parents
 - Women
 - Teens
 - Spanish-speaking
 - People with high tetraplegia
 - Siblings

- Seating Clinic

- Upper Extremity Clinic
 - Tendon transplant surgery
 - Brachial plexus injuries

- Comprehensive family and patient education and training, including formal classroom program
 - Key Classes to learn important information about spinal cord injury and care
 - One-on-one family training with patient and family members together

- Shepherd Center's Virginia Crawford Research Institute
 - 25 researchers and/or research RNs and PTs
 - 55+ ongoing research projects by Shepherd Center investigators and/or with researchers from universities and other institutions and agencies

Facilities and Equipment

- Bioness Functional Electrical Stimulation devices for upper and lower extremities
- RTS 300 Functional Electrical Stimulation (FES) Bikes (17 bikes)
- High-speed Internet connections are in each patient room at bedside and desk. Computers and wireless Internet service are available for family use in the Resource Center and Family Lounge.
- Assistance setting up a personal Web site through Shepherd Center's free, personalized service called CarePages
- Laptop computers available to borrow if the patient doesn't have his/her own
- Recreation room

Activities for Patients after Leaving Shepherd Center

- Our annual Adventure Skills Workshop is a three-day "camp" in Alabama where former Shepherd Center patients can try water skiing, riflery, skeet shooting, jet skiing, wall climbing, four-wheeling, inner tubing, parasailing, kayaking, golfing, quad rugby, fishing and numerous other activities at a fully accessible camp.
- Annual Colorado ski trip
- Annual Caribbean scuba trip
- Regional "Day at the Lake" programs at locations in the Southeast
- All Sports Camp, rafting trips, birdwatching outings, water skiing trips

Shepherd Center Statistics

- Ninety-three percent of patients at Shepherd Center have had a catastrophic injury (as compared to an average of 14 percent at general rehabilitation hospitals around the country).
- On any given day, there are more than 80 spinal cord injury patients at Shepherd Center in our inpatient units or Day Program.
- The average age of patients at Shepherd Center is 35.
- In 2009, Shepherd Center discharged 506 spinal cord injury patients from the inpatient program and 283 from the day program.
- In 2009, Shepherd Center discharged 369 acquired brain injury patients from the inpatient program and 244 from the day program.
- Shepherd Center treated 180 patients in its ICU in 2009.

Facts About Shepherd Center

- 30 Spinal Cord Injury Physical Therapists (inpatient and day programs)
- 24 Spinal Cord Injury Occupational Therapists (inpatient and day programs)
- 4 Spinal Cord Injury Nurse Educators (inpatient and day programs)
- 12 Spinal Cord Injury Case Managers (inpatient and day programs)
- 14 nurses or social workers who work as Regional Admissions Liaisons

■ Rehospitalization rates following discharge:

- 2 years – Shepherd Center 26% (Model System average 36%)
- 5 years – Shepherd Center 23% (Model System average 27%)
- 10 years – Shepherd Center 21% (Model System average 25%)
- 15 years – Shepherd Center 17% (Model System average 24%)

■ Pressure Sore Rates:

- 1 year –Shepherd Center 6% (Model System average 19%)
- 5 years – Shepherd Center 9% (Model System average 24%)
- 10 years – Shepherd Center 10% (Model System average 30%)

■ Secondary Complications:

- 1 year – Shepherd Center 2.3% (Model System average 3.8%)
- 5 years – Shepherd Center 2.7% (Model System average 4.2%)
- 10 years – Shepherd Center 3% (Model System average 4.8%)
- 15 years – Shepherd Center 4.2% (Model System average 5.6%)

■ Occupational/School Status 5 Years Post-Injury:

- Working – Shepherd Center 45% (Model System average 21%)
- Retired – Shepherd Center 15% (Model System average 7%)
- Student – Shepherd Center 33% (Model System average 17%)
- Unemployed – Shepherd Center 9% (Model System average 47%)
- -Other/unknown – Shepherd Center 3% (Model System average 7%)

If you would like to speak with a patient or family in your area of the United States who selected Shepherd Center for rehabilitation, call 404-352-2020 and we will make arrangements.

For more information, visit Shepherd Center online at shepherd.org.