



## Why Choose Shepherd Center?

### Facts About Shepherd Center

- One of 14 federally-designated Model Spinal Cord Injury Centers in the United States
- Largest spinal cord injury center in the nation
- Patients come from more than 36 states and several foreign countries
- One of five Christopher Reeve Foundation-designated NeuroRecovery Network (NRN) sites in the nation
- In-center 10-bed ICU
- Special programs for high tetraplegics on ventilators
  - Extremely high success rate for ventilator weaning at the C3 and C4 levels
  - Special education program for family members of ventilator-dependent, high-tetraplegic patients with spinal cord injury. In addition, the education program includes training in suctioning, emergency trach change, ventilator care, CPR and wheelchair maintenance
  - Special education program for high-tetraplegic patients so that they are able to understand and direct their care
- Intensive comprehensive family and patient education and training, including formal classroom program
  - Key Classes – three, two-hour classes each week, for two weeks, to learn important information about spinal cord injury and care
  - One-on-one family training with patient and family members together
  - In Key Classes, patients attend classes with other patients. Family members attend classes with other family members
- 30 days of complimentary housing for families during acute-rehab stay
- Complimentary family/patient housing for entire Day Program stay for those who live more than 50 miles outside Atlanta
- Diaphragmatic Pacer Program for ventilator-dependent tetraplegics
- Specialty Inpatient Teams:
  - High Tetraplegia/Acute Team
    - Medically-acute trained teams
    - Peer support
    - Respiratory training for family members and patients
    - Daily groups
    - Community outings
    - Assistive technology
  - Adolescent/Young Adult Team (see page three for details)
  - Dual Diagnosis Team (for patients with both spinal cord injury and acquired brain injury)
    - Concurrent specially-designed therapy for spinal cord injury and acquired brain injury
    - Screening tools
    - Visual learning aids
    - Memory books
    - Special groups
    - Quiet treatment areas
  - Senior Team (age 50 and over)
    - Rest times incorporated
    - Co-morbidities addressed
    - Age-appropriate community outings
    - Modified family training
  - Neuro Team (Transverse Myelitis, Guillain Barre Syndrome, Multiple Sclerosis)

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- Body-weight Supported Treadmill Training (BWSTT) for patients who meet criteria
  - BWSTT in harness for new ambulators
  - Lokomat (robotic) exoskeleton for non-ambulators
- World-class Assistive Technology Department
  - For mobility, independence and vocational assistance
  - Voice-activated technology
  - Eye-gaze technology
  - Wide variety of high-tech adaptive equipment
- Recreation Therapy Specialists (staff of 25)
  - Aquatic therapy (25 meter pool)
  - 11 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
  - Quadriplegic and Paraplegic SCUBA program
  - 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
- 17 Spinal Cord Injury Physical Therapists (does not include outpatient staff)
- 16 Spinal Cord Injury Occupational Therapists (does not include outpatient staff)
- 4 Spinal Cord Injury Nurse Educators (does not include outpatient staff)
- 9 Spinal Cord Injury Case Managers (does not include outpatient staff)
- 10 nurses or social workers who work as Regional Admissions Liaisons
- Brace clinic
- Upper Extremity Clinic
  - Tendon transplant surgery
- Psychological counseling for patients and family members
- Numerous support groups for spinal cord injury and brain injury
  - Parents
  - Women
  - Teens
  - Hispanic
  - High Quads
  - Siblings
- Sexuality and fertility counseling
- On-site adaptive driving training (in Day Program)
- On-site vocational evaluation
- Bioness Functional Electrical Stimulation Arm units
- RTS 300 Functional Electrical Stimulation (FES) Bikes (10 bikes)
- Shepherd Center's Virginia Crawford Research Institute (18 researchers and/or research RNs and PTs)
  - 50+ ongoing research projects by Shepherd Center investigators and/or with researchers from universities and other institutions and agencies
- Marcus Community Bridge Program (staff of 21). The Bridge Team will follow and be available to the patient and family for one year following discharge to assist with referrals, equipment, and any other issues with which the patient/family requires assistance
- Telehealth Program
- Inpatient pet therapy several times a week
- Laundry facilities on each inpatient unit and in family housing
- Peer Support Program – Shepherd Center currently has more than 500 former and current Shepherd Center patients who volunteer to meet with new Shepherd Center patients. We are usually able to match a patient with a peer supporter who is of similar age, level of injury, or who has similar interests.

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- Day Program – A very unique program for patients who no longer require 24-hour nursing care, but still require various therapies and have the potential to become more functional. The patient is discharged from the hospital and is admitted to our Day Program, where the patient lives in an accessible apartment (provided by Shepherd Center) with a family member. If accepted to this program, a typical stay can be from one week to four weeks.
  - Mon-Thurs 9 a.m. – 4 p.m.; Fri. 9 a.m. – noon
  - Patient’s Team: MD, case manager, PT, OT, RT, speech and language pathologist, RN and psychological counselor. All other therapies available as required
  - Community Outings
  - Complimentary membership to Shepherd’s Fitness Center/Pool
- A Shepherd Center RN Admissions Liaison, based in your area, is available to meet with patients/families that are referred to Shepherd Center. Our local RN liaison is also available to meet with referring hospital staff, physicians and insurance company representatives to discuss all aspects of admission.
- Beyond Therapy Program – An exercise-intensive, three-month program for qualified patients who have been discharged from Inpatient and Day Programs, who wish to continue a rigorous program of exercise that includes RT300 FES bikes, Lokomat (exoskeleton) or Body-Weight Assisted Treadmill, Giger, and other state-of-the art therapeutic modalities such as Bioness Arms.
- Wireless Internet is available throughout Shepherd Center. High-speed Internet connections are at each bedside. Computers are available (for family use) throughout the Center, including our 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.

## **Specifically for Adolescent Patients**

- Specialty Adolescent Spinal Cord Injury Team (PTs, OTs, Case Managers, Recreation Therapists, Psychologist/Psychological Counselors and Academic Coordinator)
- On-site Academic Coordinator (all of our adolescents return home on grade level)
- Community outings and activities specifically geared toward adolescents
- Weekly adolescent support group
- Separate area in rehab gym
- Large contingent of peer supporters who are adolescents
- “No Barriers” Program – The patient and team prepare a program for return to school. The PT travels to the teen’s hometown/school to do an on-site accessibility assessment of the school and, with the patient, meet with school administrators, teachers, and students in an assembly to present information about spinal cord injuries, and about the patient and their new injury. Adolescent/teen “Fun Fridays” with special events just for our adolescent patients.
- Friends and siblings are encouraged to visit and participate in family training and education if they and the patient desire it.

## **Activities for Patients after Leaving Shepherd Center**

- Annual Adventure Skills Workshop – Our four day summer “camp” in Alabama where former Shepherd Center patients can try water skiing, riflery, skeet shooting, jet skiing, rock 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 Mexico SCUBA Trip
- Regional “Day at the Lake” Programs at locations in the Southeast and New England
- Free subscription to Shepherd Center’s quarterly magazine, called *Spinal Column*

# Facts About Shepherd Center

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## Shepherd Center Statistics

- 94 percent of patients at Shepherd Center have had a catastrophic injury (as compared to an average of 14 percent at rehab hospital around the country)
- On any given day there are about 80 spinal cord injured patients at Shepherd Center, in our inpatient units or our Day Program
- The average age of patients at Shepherd Center is 32 years old
- Number of spinal cord injured patients cared for in 2007:
  - 420 Inpatients
  - 188 Day Program Patients
- Number of acquired brain injured patients cared for in 2007:
  - 198 Inpatients
  - 237 Day Program Patients
- 196 patients cared for in our ICU in 2007
- Discharge Functional Improvement Measures Scores higher than the national average for all categories of spinal cord injured patients (high tetraplegics, mid-level quadriplegics and paraplegics)
- 94 percent of our patients are discharged from our facility directly to home (as compared to 76 percent national average)
- Rehospitalization rates following discharge:
  - 2 years – Shepherd Center 27% (Model System average 35%)
  - 5 years – Shepherd Center 20% (Model System average 26%)
  - 10 years – Shepherd Center 21% (Model System average 23%)
  - 15 years – Shepherd Center 15% (Model System average 23%)
- Pressure Sore Rates:
  - 1 year – Shepherd Center 7% (Model System average 15%)
  - 5 years – Shepherd Center 8% (Model System average 20%)
  - 10 years – Shepherd Center 10% (Model System average 24%)

- 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 42% (Model System average 24%)
  - Retired – Shepherd Center 12% (Model System average 3%)
  - Student – Shepherd Center 32% (Model System average 15%)
  - Unemployed – Shepherd Center 10% (Model System average 50%)
  - Other/unknown – Shepherd Center 4% (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 404-350-7705 and we will make arrangements.**