

fact sheet

2020 Peachtree Rd. N.W. Atlanta, GA 30309 404-352-2020 shepherd.org



Shepherd Center

WHY CHOOSE 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 2011
- 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 ICU
- Inpatient rehabilitation
 - Multidisciplinary Treatment Team: MD, RN case manager, PT, OT, TR, speech and language

- pathologist, RN and psychological counselor
- Three 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

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- Shepherd Pain Institute
- Physical, Occupational and Speech Therapy
- Locomotor training (Robotic and manual assisted body weight supported treadmill)
- 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
 - Locations in Atlanta and Franklin, TN.
- 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
 - Return to work
- 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/ 12-17 years-old
 - 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 Department
 - 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

SPECIALTY INPATIENT PROGRAMS:

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- 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
- 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 spinal cord injury and brain injury
 - Parents
 - Women
 - Teens
 - Spanish-speaking
 - High Quads
 - Siblings
- Seating clinic
- Upper Extremity Clinic
 - Tendon transplant surgery
 - Brachial plexus injuries
 - Overuse 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.

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- 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 2010, Shepherd Center admitted 913 people to its inpatient programs and 535 to its day programs.
- 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
- Rehospitalizations following discharge:
 - 1 year – Shepherd Center 17.6 days (Model System 24.8 days)
 - 5 years – Shepherd Center 21.4 days (Model System 22.3 days)

- Life satisfaction after discharge (Based on 35 being extremely satisfied):
 - 1 year ~ Shepherd Center 19.4 (Model System 18.2)
 - 5 year ~ Shepherd Center 21.2 (Model System 20.3)
- Occupational/School Status 5 Years Post-Injury:
 - Shepherd Center 50.4% (Model Systems 48.8%)

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 404-350-7454 and we will make arrangements.

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