

# fact sheet

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Shepherd Center

## YOUNG STROKE PROGRAM

People who are admitted to Shepherd Center's Young Stroke Program get more than just medical care; they get an experience that brings healing and hope. Shepherd Center specializes in caring for young adults (15 to 65 years of age) who have experienced a stroke. The program also provides education and training for their families. Staff members develop individualized blueprints for each patient's stroke rehabilitation program, tapping into state-of-the-art medical care and comprehensive educational services.

### PERSON/FAMILY-CENTERED CARE

Shepherd takes a team approach to rehabilitation and you are an important part of that team. It is important to us that you feel involved in the care. We encourage you to ask questions and let us know what your goals and expectations are so that they can be addressed. Staff members understand that after a stroke, people are going through more than just recovery; they are learning a new way of life. Rehabilitation at Shepherd is designed to meet the physical, cognitive, medical and emotional needs of each individual, while working toward independence with activities such as school, work, driving, parenting and community involvement.

Young adults who enter the program may be admitted to Inpatient Rehabilitation, the Shepherd Pathways Day Program or Pathways Outpatient Program, depending on the severity of illness and medical needs. The following services may be provided:

### INDIVIDUALIZED SERVICES

- Medical Management
- Rehabilitation Nursing
- Physical Therapy
- Occupational Therapy
- Speech-Language-Cognitive Therapy
- Swallowing Therapy
- Nutritional Counseling

- Respiratory Therapy
- Recreational Therapy
- Neuropsychological Assessment & Counseling
- Vocational Services
- Family Education and Training

### SPECIALIZED SERVICES

Shepherd also provides specialized services such as:

- Assistive Technology (computerized assistive devices)
- Specialized Seating Clinic (wheelchair adaptations)
- Adaptive Driving
- Upper Extremity Clinic
- Pain Management Clinic
- Aquatics
- Hippotherapy
- Transitional Living Apartment

### ADVANCED TECHNOLOGIES

In addition, clients have access to the newest technology:

- Vital Stim
- sEMG biofeedback
- Bioness, Lokomat, Saeboflex, Lite Gait, and Balance Master
- FES bike for arms and legs

This technology helps patients adapt to their injury for maximum independence and community re-entry.

### OUR GOALS FOR EACH PERSON

- Provide intensive, individualized rehabilitation
- Maximize each person's functional abilities and level of independence
- Provide extensive training and education for the person and their family
- Rebuild the person's quality of life
- Organize activities that facilitate a smooth transition back to their home, community, school and/or work.