



Spinal Cord Injury

Questions to Consider When Selecting a Rehabilitation Treatment Program

Choosing a rehabilitation facility is one of the most important decisions you will have to make in the near future. It is very important to be confident about the quality of care you or a loved one will receive when entering a rehabilitation program.

In general, it is best to compare at least three rehabilitation programs to make an informed decision on the best facility for your loved one. Admissions personnel will be able to answer these questions for you.

1. How many people are admitted to the spinal cord injury rehabilitation program each year?

Shepherd Center: _____ Facility B: _____ Facility C: _____

2. How many people has the facility treated with injuries similar to yours?

Shepherd Center: _____ Facility B: _____ Facility C: _____

3. What is the average age of people served in the spinal cord injury program?

Shepherd Center: _____ Facility B: _____ Facility C: _____

4. Are there people in the program of the same age and sex as the person considering admission?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

5. Does the facility specialize in spinal cord injury rehabilitation services or is it just one of the many medical services offered?

Shepherd Center: _____ Facility B: _____ Facility C: _____

6. Is the facility equipped to manage life-threatening emergencies?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

7. Is respiratory care provided on a 24-hour basis?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

8. Does the facility offer services for every stage of recovery, including:

INTENSIVE CARE

Shepherd Center: yes no Facility B: yes no Facility C: yes no

INPATIENT REHABILITATION

Shepherd Center: yes no Facility B: yes no Facility C: yes no

DAY PROGRAM REHABILITATION

Shepherd Center: yes no Facility B: yes no Facility C: yes no

OUTPATIENT SERVICES

Shepherd Center: yes no Facility B: yes no Facility C: yes no

9. For how long each day do people receive treatment by specialists, such as physical, occupational and recreational therapists? (Treatment should be no less than three hours per day.)

Shepherd Center: _____ Facility B: _____ Facility C: _____

10. Is the person treated by the same team (physical therapy, occupational therapy, speech therapy) every day?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

11. Are outings and activities planned for people on weekdays, as well as weekends and evenings?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

Counseling services

1. What types of coping and support services are available?

PEER SUPPORT

Shepherd Center: yes no Facility B: yes no Facility C: yes no

INDIVIDUAL AND GROUP THERAPY

Shepherd Center: yes no Facility B: yes no Facility C: yes no

PSYCHOTHERAPY

Shepherd Center: yes no Facility B: yes no Facility C: yes no

NEUROPSYCHOLOGY

Shepherd Center: yes no Facility B: yes no Facility C: yes no

FAMILY SUPPORT

Shepherd Center: yes no Facility B: yes no Facility C: yes no

VOCATIONAL COUNSELING

Shepherd Center: yes no Facility B: yes no Facility C: yes no

SUBSTANCE ABUSE COUNSELING

Shepherd Center: yes no Facility B: yes no Facility C: yes no

Family members

1. Are family members encouraged to participate in rehabilitation?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

To what extent?

Shepherd Center: _____ Facility B: _____ Facility C: _____

2. Does your facility have a family education program to prepare me for future caregiving responsibilities?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

3. What type of support does the facility offer after we return home?

Shepherd Center: _____

Facility B: _____

Facility C: _____

4. Are free or low-cost living arrangements available for family members participating in training?

Shepherd Center: _____ Facility B: _____ Facility C: _____

Outcomes

1. What percentage of people return to home or community rather than long-term care facilities?

Shepherd Center: _____ Facility B: _____ Facility C: _____

2. Rehabilitation hospitals measure results in terms of "functional improvement." What is the facility's average functional improvement measure (FIM) score change for people with spinal cord injuries?

Shepherd Center: _____ Facility B: _____ Facility C: _____

3. What is the facility's average length of stay for people with injuries similar to yours?

Shepherd Center: _____ Facility B: _____ Facility C: _____

On-Site Review

1. Were staff members helpful and friendly when information was requested?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

2. Were you offered an opportunity to tour the facility?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

3. What were your impressions of the overall atmosphere?

Shepherd Center: _____

Facility B: _____

Facility C: _____

4. Did you have the opportunity to speak with people currently participating in the program?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

5. Were they satisfied with their rehabilitation program?

Shepherd Center: yes no Facility B: yes no Facility C: yes no

LEARN MORE ABOUT SHEPHERD CENTER

If you would like to learn more about Shepherd Center's spinal cord injury program, please contact our Admissions Department at 800-743-7437 or email admissions@shepherd.org. Visit us online at shepherd.org.