EDUCATIONAL RESOURCES

Email Newsletters

Shepherd Center’s email newsletters deliver the hospital’s top news stories, features, videos and podcasts. Topics include brain and spinal cord injury, spine and chronic pain, and multiple sclerosis.

Sign up today at: Shepherd.org/signup

Online Newsroom

- Latest news, features, blogs, videos and podcasts
- Easily share content via social media and email

Bookmark it! News.Shepherd.org

MyShepherdConnection.org

Educational website for patients, caregivers, and professionals

MyShepherdConnection.org

VIDEO SERIES

Learn about spinal cord and brain injury and recovery.

Visit BrainInjury101.org or SpinalInjury101.org

NeuroRehabilitation Learning Institute

Online Continuing Education for Healthcare Professionals

education.shepherd.org
Brain Injury: A Guide for Caregivers

This guide features tips and advice for a patient’s loved ones following a brain injury. It includes a glossary of new terms you may hear in the trauma care setting, as well as a list of online resources.


This guide features tips and advice for a patient’s loved ones following a spinal cord injury. It includes a practical overview of spinal cord injury, a glossary of new terms you may hear and a list of resources.

How to Successfully Hire and Manage a Personal Care Assistant: For People with Spinal Cord Injury

This guide provides practical tips to help people with spinal cord injury through the process of hiring a caregiver, whether privately or through a home care agency.

Living with Stroke: Strategies to Live a Healthy Life

This guide is a resource about stroke awareness, prevention, and how to manage life after a stroke.

Personal Care Manual: The Key to Independence

The manual contains a detailed overview of spinal cord injury and how to manage your bowel and bladder program, skin, respiratory system and medications.

Mobile Apps

Auto Coach

This app helps parents teach teens how to drive safely.

SCI-Ex

This app helps promote exercise in people living with a spinal cord injury.