

Sustaining a brain injury doesn't mean the end of a fulfilling and productive life. In fact, nearly 90% of our patients return to the community at a level of cognitive and physical functioning that is improved from the level upon admission to the program. Psychiatrists and a multidisciplinary team of specialists manage Shepherd Center's Brain Injury Rehabilitation Program, and it is coordinated by case managers who develop discharge plans focused on community reintegration.

At Shepherd Center, we are experts in medical treatment, research and rehabilitation for people with spinal cord injury, brain injury and other neuromuscular conditions. We have treated thousands of people with brain injuries, and our medical outcomes exceed regional and national averages.

The trauma of injury also affects the family. To help families and caregivers take an active role in rehabilitation, Shepherd Center provides up to 30 days of housing to families of newly injured rehabilitation patients if both the family and patient live more than 60 miles from the hospital.

### **Acute Medical Care**

Shepherd admits patients with complex medical needs, including patients who are ventilator-dependent, those with multiple trauma or a dual diagnosis of brain and spinal cord injury, and patients with disorders of consciousness (DoC). Shepherd Center's DoC program is approximately a six-week program with about 1-1/2 hours of therapy daily. The program takes into account reduced consciousness while exposing the patient to therapeutic intervention. Reducing medical acuity, preventing medical complications, and continually measuring arousal and attention to the environment are key components of this program. It includes neuropharmacological management, nutritional management, maximization of seating and mobility, facilitation or communication strategies, and family education and training.

### **Acute Rehabilitation**

Shepherd Center's Acute Rehabilitation Program treats patients with traumatic brain injury (Rancho IV-VIII), stroke patients, particularly young adults, and people with diagnoses including encephalitis, anoxia, tumors, and dual diagnosis of brain and spinal cord injury. We serve more than 350 inpatients each year.

### **Our Goals for Each Person**

We have two comprehensive medical rehabilitation units that serve people with brain and other neurological disorders. Both units are equipped with closed-circuit cameras, secured doors and elevators, bed alarms and other specialized video-monitoring equipment to ensure safety. Both units include a 2,200-square-foot therapy gym, state-of-the-art rehabilitation technology, accessible bathrooms, private treatment rooms, transitional living spaces, and access to computers and group activity rooms. Acute rehabilitation provides a minimum of three hours of therapy per day through individual and group sessions, including neuropsychology, occupational therapy, physical therapy, speech therapy and recreation therapy. Additional services such as assistive technology, seating clinic, splinting and bracing assessment may also be used in a patient's individualized plan of care. All patients and caregivers benefit from intensive family education and training and have opportunities for community re-entry outings to practice newly learned skills.



**Shepherd Center**

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### Post-Acute Program

Post-acute programs are community-based programs that provide therapeutic interventions and strategies for reintegration into the community. Shepherd Pathways, located in nearby Decatur, Georgia, serves more than 400 patients each year. Specific programs are:

#### **Day Program**

- The day program continues the rehabilitation track, providing ongoing assessment, therapeutic interventions, a focus on home and community reintegration, and patient and family education. The program provides three to four hours of therapy per day that includes both individual and group therapy.
- Some transportation and housing options are available for patients and families.
- In this program, clients may see one type of therapist or a combination, depending on the services needed. Our specialized therapies and evaluations include physical therapy, occupational therapy, speech-language therapy, vocational assessment and treatment, assistive technology consultations, counseling, and driver assessment and training.

#### **Residential Program**

- Shepherd Center's post-acute program includes a residential component in a local community setting for people with brain injury who have completed their inpatient program. This setting provides 24-hour support allowing clients to practice carryover of functional living skills from therapy to prepare for a successful transition back to their homes and communities.

### Specialty Programs:

Not all brain injuries require the full spectrum of care. Shepherd Center often provides expertise in one aspect of care or evaluation. These services include:

- Adolescent Rehabilitation Program
- Center for Diagnostic Evaluation and Medical/Legal Consultation
- Vestibular/Balance Program
- Swallowing Program – Vital Stimulation
- Complex Concussion Clinic
- Neuropsychological Evaluation
- Spine and Pain Institute
- Wound Clinic
- Urology Clinic
- Vision Clinic

### Educational Resource

Shepherd Center provides an educational website to provide patients and caregivers with important information they will need when they return home.

Visit the website at [MyShepherdConnection.org](http://MyShepherdConnection.org).



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