**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
Online Resources

Shepherd Center's educational materials and a mobile app are available as free downloads on iBooks, the Apple App and Google Play stores (search “Shepherd Center”).

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.

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 App
Auto Coach
This app helps teach parents to teach teens how to drive safely.

Podcasts
Shepherd Center podcasts feature interviews with expert clinicians. Find them on your favorite podcast streaming service.