



SPINAL CORD INJURY DAY REHABILITATION PROGRAM

Extending Your Rehabilitation Benefits

Many patients with complex injuries need to continue their recovery and rehabilitation, but no longer require the round-the-clock care of an inpatient hospital setting. This is why Shepherd Center created the Spinal Cord Injury Day Program to provide comprehensive, outpatient rehabilitation services to people with spinal cord injury and other neuromuscular disorders to increase the level of independent functioning at home, work/school and in the community.

The Day Program helps minimize the chance of further medical complications that are secondary to the neurological injury or illness.

WHAT IS SHEPHERD CENTER'S DAY PROGRAM?

The Spinal Cord Injury Day Program is much like Shepherd Center's inpatient rehabilitation program, except patients do not stay in the hospital and services are focused on the functional return of skills necessary for community reintegration. Services you may need include physical or occupational therapy, nursing, counseling, speech therapy, recreation therapy and educational training sessions. In addition, the Day Program staff helps to coordinate other services or clinics, such as: assistive technology, driving consultation, locomotor training, seating clinic, upper-extremity clinic or other specialty medical consultations.

Depending on your goals, you may need these services for a few days or a few weeks. This lower-cost program that eases the return to home and community provides five days of therapy per week for a minimum of three hours of treatment focusing on community reintegration.

A SPECIALIZED PROGRAM

People don't respond to injury or illness in exactly the same way, therefore one rehabilitation program won't work for everyone. Shepherd's Day Program focuses on the specific recovery and rehabilitation needs of each patient. A physician can be consulted, if needed to manage any urgent medical issues that cannot be addressed at a later date or through your primary doctor. A case manager coordinates your schedule and tracks the progress you make toward meeting your goals.

GOING HOME

Going home and perhaps back to work or school can be a stressful time. We offer a wide range of services to help make this transition go smoothly, including:

- **Mobility training:** Our therapists help you practice skills ranging from mobility in bed to transfers, wheelchair skills or management, or if appropriate, walking.
- **Community:** Re-entry outings into the surrounding neighborhood will help you practice skills you'll need in your own community.
- **Self-care training and life-skills training:** This can include everything from grooming and dressing to managing your schedule and working with others.
- **Family/caregiver training:** We offer classes for your family or other caregivers to make sure they understand your injury or illness and your needs. We also request that your caregiver be present at selected times of the day to work with the health care team.
- **Medical care:** Our nursing care continues in the Day Program and may include education to

prepare you to care for neurogenic bowel and bladder, spasticity, blood pressure, blood clots, contractures, strength and mobility issues.

- Return-to-work counseling: You may be able to return to the same type of work you did before your injury. Our counselors will help you by discussing options to help you find a job or career that's right for you.

HOUSING

Housing for patients in the Day Program is provided at no cost for up to eight weeks. To qualify for housing, both the patient and family must live more than 60 miles from Shepherd Center and have a trained caregiver who is more than 18 years old and who can stay with the patient full time.

WHO PAYS FOR THE DAY PROGRAM?

Some Georgia HMO and PPO insurance plans include Shepherd Center's Spinal Cord Injury Day Program. There is also the option to pay out of pocket for plans that do not cover these services. We also make agreements with most other private insurers on a case-by-case basis, and we accept Medicaid and Medicare. If you have questions about payment or anything else related to the Day Program, please call the Admissions Office at 404-350-7345.

SHEPHERD CENTER IS:

- The largest freestanding hospital in the country devoted to the medical care and rehabilitation of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular problems.
- A Spinal Cord Injury Model Center designated by the National Institute on Disability, Independent Living, and Rehabilitation Research.
- Accredited by The Joint Commission and the Commission on the Accreditation of Rehabilitation Facilities.

FOR MORE INFORMATION

Shepherd Center: 404-352-2020

Visit Shepherd Center online at shepherd.org.

For more information about admissions to the Day Program, visit shepherd.org/patient-care/spinal-cord-injury/day-program.