Shepherd Center is a world-renowned provider of comprehensive, specialized rehabilitation for people with spinal cord injury, brain injury or stroke.
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More than 500 U.S. hospitals, including major trauma centers, refer their patients to us. They know Shepherd Center provides excellent care that is the rehabilitation equivalent to Level I trauma centers in terms of treating the most complex injuries. Our outcomes are among the best for U.S. rehabilitation hospitals. Because we are a specialized, rather than a general, rehabilitation facility, we treat a younger-aged patient population facing a complex set of medical issues.

Our length of stay allows time for patients to have a rehabilitation experience that brings healing and hope. In fact, the hospital’s stated mission is to help people with a temporary or permanent disability rebuild their lives with hope, independence and dignity.

A specialized, interdisciplinary team of highly trained, certified and experienced rehabilitation professionals designs a tailored, state-of-the-art treatment plan for each patient. The plan, which includes individual and group therapy, integrates:

- patient and family input
- the benefits of the staff’s substantial expertise
- insight from ongoing, clinic-based research
- the use of a wide array of advanced therapeutic and assistive technologies
- incorporation of intensive, activity-based therapies that promote recovery and lifelong wellness

Our comprehensive care includes a focus on family and patient education and training to maximize recovery and address all areas of care required for the specific injury. Peer supporters with similar injuries also offer a wealth of information and experience to patients and families.

Patients and their families come to Shepherd Center from around the nation, and even the world, to get specialized rehabilitation care – a fact that aligns with national surveys showing many patients are willing to travel out of state for specialized care. Shepherd Center helps make this travel feasible by providing complimentary furnished apartments for 30 days for families who live more than 60 miles from Atlanta. Having family members nearby helps support the patient’s recovery. Also, families and patients interact and draw strength from one another because of their shared experience.

Additionally, Shepherd Center staff members provide encouragement during rehabilitation, assist with the transition back to home, work and school, and serve as ambassadors to help patients navigate their journey over a lifetime. At Shepherd Center, we are a family, working together to help patients and their families obtain the care, skills and confidence they need to return to living their lives as independently and fully as possible.

U.S. News & World Report ranks Shepherd Center among the top 10 rehabilitation hospitals in the nation.

Visit us online at shepherd.org.
Experience counts. Our staff's experience and specialization in treating spinal cord and brain injury, including stroke, has enabled staff members to develop higher levels of expertise and achieve better results for those we serve. When it comes to functional and medical improvements, our patients are more independent in their daily lives and have better outcomes than the national average.

Shepherd Center offers a comprehensive continuum of care – from evaluation and medical treatment to rehabilitation, medical equipment, post-acute and outpatient care, and lifelong support programs. Those we serve have access to programs that many other facilities don't have. Those programs include:

- Ventilator weaning
- Intensive care unit
- Disorders of consciousness (coma) care
- Pastoral care from chaplains
- Extensive family training
- Assistive technology
- Community outings
- Extensive recreation therapy and adaptive sports programs – including aquatics, art, music, horticulture and outdoor experiences – to help patients return to pre-injury activities and interests, or discover new ones
- Shepherd Step, an intensive walking program that includes manual and robotics-assisted locomotor training
- Back-to-school programs
- Peer support
- Transition support for return to home and work
- Driving evaluation and training

Patients at Shepherd Center may use the latest in therapeutic equipment to assist in their rehabilitation. Our technologies supplement what therapists can do and also stimulate the nervous system below the injury to attempt to maximize neurological recovery. The treatment team will determine the appropriateness of these interventions based on a comprehensive evaluation. Also, assistive technology specialists design an appropriate package of solutions to maximize independence in accomplishing daily tasks. Technologies assist with:

- Walking – both manual- and robotic-assisted treadmill training, dynamic overground walking systems and neuroprostheses
- Upper-extremity strengthening and function using robotic technologies and neuroprostheses
- Recovery and lifelong wellness using restorative therapies, such as electrical stimulation-assisted cycling and dynamic tilt tables to increase strength and stamina
- Communication and cognition
- Mobility and navigation
- Adaptive driving
- Control of the environment at home

Why choose Shepherd Center?
Patients may have access to these advanced technologies:
- Vital Stim and sEMG biofeedback (therapy to improve swallowing)
- Bioness, Lokomat, Saeboflex, Lite Gait, and Balance Master for assistance in walking
- FES bike (therapy for arms and legs that sends small electrical pulses to muscles to improve function and enhance general health and well-being)
- ZeroG gait and balance training system
- Armeo Spring (therapy to improve hand and arm impairment)
- Erigo (an automated tilt table to build strength and stamina)
- BTE Primus for functional training

Leaders in Research: Researchers conduct clinical studies in collaboration with leading experts from around the world. Whether studying a new device, testing a new medication or developing a new treatment method, research at Shepherd Center is conducted daily in our clinics and translates directly into improved care and quality of life for our patients.

Accreditation: Shepherd Center is accredited by The Joint Commission and the Commission on Accreditation of Rehabilitation Facilities (CARF). We are also CARF-accredited for specialized programs in spinal cord injury, brain injury and stroke. Shepherd Center is designated as a Spinal Cord Injury Model System of Care by the National Institutes on Disability and Rehabilitation Research (NIDRR) and collaborates with the Traumatic Brain Injury Model Systems.

Patient and Family Training: Patients and families participate in training sessions to learn as much as possible about the injury or illness so they can manage ongoing medical care and prevent rehospitalization after returning home. Educational information is also provided online at MyShepherdConnection.org.
Spinal Cord Injury Rehabilitation

Specialized Care to Maximize Independence

Shepherd Center provides the largest and most comprehensive program in the nation for people with spinal cord injury (SCI). The hospital’s highly specialized staff leads the nation in providing spinal cord injury treatment, rehabilitation and research.

Every year, more than 450 people from across the country travel to Shepherd Center for our specialized brand of rehabilitation that most general rehabilitation hospitals cannot match. As a specialized facility, our average spinal cord injury rehabilitation patient age is 40, giving patients the benefit of camaraderie with peers at similar life stages.

From the time of acute admission through outpatient follow-up, our program provides a full continuum of care to people with any level of spinal cord injury, including those who are ventilator-dependent or have a dual diagnosis of spinal cord and brain injury. In addition, Shepherd Center has a 10-bed ICU allowing patients to begin the rehabilitation process as soon as possible.

Your rehabilitation team includes:

- Psychologist
- Counselor
- Lead Physician with SCI Expertise
- Case Manager
- Exercise Specialist
- Recreation Therapist
- Respiratory Therapist
- Nurses and Patient Care Technicians
- Speech-language Pathologist
- Dietician
- Occupational Pathologist
- Occupational Therapist
- Physical Therapist
- Chaplain

HOPE is HERE
Continuum of Care

Shepherd Center’s full continuum of care focuses on community re-entry, which for many people means returning to home, work or a supported, community-living environment.

Your continuum of care in Shepherd Center’s Spinal Cord Injury Program may include:

- ICU-level of care
- Acute care
- Inpatient rehabilitation
- Day program
- Outpatient therapy
- Support for staying healthy after discharge

Advanced, community-based restorative therapies in Beyond Therapy®
Shepherd Step, an intensive walking program
Outpatient, multi-specialty clinics
Community-based fitness and wellness programs

Outcomes

To be an informed healthcare consumer, we recommend that you ask about the patient outcomes achieved at the rehabilitation facilities you are considering. These outcome measures should include functional improvements from the time of admission to discharge from the hospital. Other measures may include return-to-work and return-to-school rates. You should also look for the number of patients treated annually by diagnosis and age range. At Shepherd Center, we achieve some of the greatest functional outcomes in the nation, and we post them on our website (most facilities don’t do this) to help inform you as you consider your rehabilitation options.

For updated outcomes information, visit: shepherd.org/outcomes.

Patient Satisfaction

Surveys show 92 percent of our spinal cord injury inpatients would definitely recommend Shepherd Center to others in need of rehabilitation care.

For detailed information about our Spinal Cord Injury Program, visit shepherd.org/sci.
Brain Injury Rehabilitation
Specialized Care to Maximize Independence

Shepherd Center has a full continuum of services to treat people who have experienced an acquired brain injury (ABI) – either traumatic or non-traumatic. As a specialized facility, our average brain injury rehabilitation patient age is 34, giving patients the benefit of camaraderie with peers at similar life stages. Our goal is to help those we serve achieve the highest possible level of independence in their daily lives.

Our programs are designed to treat specific conditions, such as disorders of consciousness (when a person is in a vegetative or minimally conscious state following a brain injury) and specific age groups, including a program for adolescents.

In addition, Shepherd Center has a 10-bed ICU, allowing our specialists to see complex brain injuries and address secondary complications resulting from the injury.

Our expert treatment teams are managed by a lead physician and a multidisciplinary team of rehabilitation specialists. These professionals assess patients’ medical and clinical needs and coordinate their care program.

Your rehabilitation team includes:

- Exercise Specialist
- Lead Physician with ABI Expertise
- Case Manager
- Respiratory Therapist
- Speech-language Pathologist
- Nurses and Patient Care Technicians
- Physical Therapist
- Occupational Pathologist
- Dietician
- Chaplain
- Neuropsychologist and Counselor
- Recreation Therapist
Continuum of Care

Shepherd Center’s full continuum of care focuses on community re-entry, which for many people means returning to home, work or a supported, community-living environment.

Your continuum of care in Shepherd Center’s Brain Injury Program may include:

- Advanced, community-based restorative therapies in Beyond Therapy®
- Supported living and respite care
- Residential program
- Support for staying healthy after discharge
- Outpatient therapy
- Disorders of consciousness (for vegetative state or minimally conscious)
- Inpatient rehabilitation
- Day program
- ICU-level of care
- Acute care

Outcomes

Shepherd Center has treated thousands of people with brain injuries, and our medical outcomes exceed regional and national averages. In fact, we post our patient outcomes on our website (most facilities don’t do this) to help inform you as you consider your rehabilitation options.

For updated outcomes information, visit: shepherd.org/outcomes.

Patient Satisfaction

Surveys show 89 percent of our brain injury inpatients would definitely recommend Shepherd Center to others in need of rehabilitation care.
Shepherd Center’s rehabilitation program for those who have experienced a stroke focuses on helping the patient relearn skills that are lost when a stroke injures part of the brain. As a specialized facility, our average stroke rehabilitation patient age is 44, giving patients the benefit of camaraderie with peers at similar life stages.

The program also provides education and training for their families to help patients identify risks that can lead to complications, including another stroke. Staff members develop individualized blueprints for each patient’s stroke rehabilitation program, tapping into state-of-the-art medical care, technology and comprehensive educational services.

A team of rehabilitation specialists guided by a lead physician develops individual treatment plans for patients. Staff members understand that after a stroke, people are going through more than just recovery; they are learning a new way of life. Rehabilitation at Shepherd Center is designed to meet the physical, cognitive, medical and emotional needs of each individual, while working toward independence with activities such as school, work, driving, parenting and community involvement.

Your rehabilitation team includes:

- Lead Physician with Stroke Expertise
- Case Manager
- Exercise Specialist
- Recreation Therapist
- Respiratory Therapist
- Nurses and Patient Care Technicians
- Speech-language Pathologist
- Dietician
- Occupational Therapist
- Physical Therapist
- Chaplain
- Neuropsychologist and Counselor
Comprehensive Stroke Rehabilitation Services

People who enter the stroke rehabilitation program may be admitted to Inpatient Rehabilitation, the Shepherd Pathways Day Program or Pathways Outpatient Program, depending on the severity of illness and medical needs.

The following services may be provided:

<table>
<thead>
<tr>
<th>Medical management</th>
<th>Speech-language-cognitive therapy</th>
<th>Recreational therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehabilitation nursing</td>
<td>Swallowing therapy</td>
<td>Neuropsychological assessment and counseling</td>
</tr>
<tr>
<td>Physical therapy</td>
<td>Nutritional counseling</td>
<td>Vocational services</td>
</tr>
<tr>
<td>Occupational therapy</td>
<td>Respiratory therapy</td>
<td></td>
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</tbody>
</table>

Outcomes

Shepherd Center has treated thousands of people with stroke, and our medical outcomes exceed regional and national averages. In fact, we post our patient outcomes on our website (most facilities don't do this) to help inform you as you consider your rehabilitation options.

For updated outcomes information, visit: shepherd.org/outcomes.

Patient Satisfaction

Surveys show 90 percent of our stroke inpatients would recommend us to others in need of rehabilitation care.

For more information, including detailed patient outcomes data, about our Stroke Rehabilitation Program, visit shepherd.org/stroke.
Medical/Surgical Program

The Medical/Surgical Program at Shepherd Center includes a 10-bed neuro-intensive care unit (ICU) and the Medical/Surgical Unit. The ICU is designed to manage patients who are medically unstable and require intensive nursing care. Patients who are being weaned off a ventilator also spend their first night of weaning in the unit so they can be closely monitored. The Medical/Surgical Unit provides care to four types of patients:

1. Those who require skin surgery for pressure ulcers;
2. Patients readmitting due to medical complications, such as urinary tract infections, respiratory conditions and other secondary medical complications associated with a spinal cord injury or brain injury;
3. Newly injured patients who are sick or just not medically strong enough to tolerate a full, aggressive rehabilitation program;
4. Patients who have a new diagnosis of a neurological disease, such as multiple sclerosis, and require medical treatment and rehabilitation.

Your treatment team includes:

Your treatment team includes:

Medical/Surgical Program Services

- Occupational, physical and speech therapy
- Nutritional therapy
- Nursing
- Customized education
- Psychology
- Case management

Lengths of Stay

**ICU** lengths of stay vary depending on the acuity and severity of the patient’s condition.

Patients admitted for **skin flap surgery** for one pressure ulcer are typically hospitalized 24 to 35 days.

Patients admitted for **rehabilitation** have lengths of stay consistent with those of patients in the Spinal Cord Injury and Acquired Brain Injury programs.
Shepherd Center's peer support program offers a vast network of people and resources. Peer supporters provide a wealth of information and experience to newly injured patients to help them adapt to their new normal, thrive and stay safe after discharge. To talk to a peer supporter is to talk to someone who knows first hand about living with a spinal cord or brain injury. At Shepherd Center, a staff of four peer supporters who are living successfully with spinal cord injury, offers on-site support to inpatients, Day Program patients and family members. They also facilitate several support groups with the help of a team of more than 30 volunteers. In addition, the Brain Injury Peer Visitor Association provides trained volunteers who offer peer support for our patients with brain injury and their family members.
Admissions

How to Make a Referral

Referrals to Shepherd Center can be made by a physician, hospital discharge planner or social worker, insurance company or worker’s compensation case manager or a patient’s family member.

Our staff of admissions liaisons can begin the admission process anywhere in the United States within 24 hours of referral. We offer this service free of charge and often serve as the referring facility’s primary educator and resource for family members.

Patients can be admitted from an acute-care hospital (including ICU-to-ICU transfer), sub-acute care, LTACH facility, nursing home or from the person’s home (following an evaluation in our outpatient clinic).

We help families through the admissions process with an action plan that identifies important next steps for families to take.

Contact our Admissions Department:

- **Online:** Submit a referral via our online form at shepherd.org/admissions.
- **By Phone or Fax:** Call 1-800-SHEPHERD (800-743-7437) or 404-350-7345, or fax 404-603-4504 (8 a.m. - 4:30 p.m. Monday-Friday).
- **By Email:** Email Admissions at admissions@shepherd.org.

**Family Housing:** Shepherd Center provides temporary furnished apartments, when available, for up to 30 days for families of newly injured rehabilitation patients who live more than 60 miles from Atlanta. Those who need housing while a loved one is at Shepherd Center may notify the admissions liaison handling the admission. For more information, visit the Family Housing area of our website at shepherd.org/familyhousing.

Visit Us

To become more familiar with Shepherd Center and the team who will care for your loved one, we encourage your family to tour the hospital before patient admission.

- **Video Tour:** You can learn more about our patient care programs, patient success stories and what’s new at Shepherd by visiting the video section of our website at shepherd.org.
- **Family Tours:** To arrange a private tour, call Shepherd Center at 404-352-2020 or email admissions@shepherd.org.
- **Community Tours:** The Shepherd Center Foundation conducts monthly tours of the hospital. Community members are welcome to attend. For more information, call 404-350-7383.

Location

Shepherd Center

2020 Peachtree Road, NW
Atlanta, GA 30309-1465
404-352-2020 shepherd.org

Shepherd Center is located five miles north of downtown Atlanta in the Buckhead community. Shepherd Center is approximately 30 minutes from Atlanta’s Hartsfield-Jackson International Airport and accessible by public transportation.

For directions, visit shepherd.org/location.
As a not-for-profit hospital, Shepherd Center relies on philanthropic support from individuals, families, corporations and foundations.

Donations help fund patient care programs, patient equipment, family housing, special and capital projects, technology and educational programs. To learn how you can contribute in a variety of ways, visit the Shepherd Center Foundation at shepherd.org/foundation.