



Shepherd Center

Shepherd Center's Health & Wellness Resources

Programs and services available to our patients.

The health and wellness programs included in this document give information for referrals to programs and services that can be accessed in clinics or through our donor-funded programs. Each section includes a description of the program, what type of patient is appropriate, associated costs, and the primary contact.

Diagnoses Index

	Anyone	SCI	ABI	CVA	MS	Other
10K Peachtree Road Race	X					
Adaptive Sports Teams	X					
Adventure Skills Workshop (ASW)	X					
Advocacy Program	X					
Airport Mobility Outing	X					
Aquatics: Personal Training & Swim Lessons	X					
Assistive Technology	X					
Beyond Therapy	X					
Birdwatching Retreat	X					
Brain Injury Outpatient Adjustment Group (Pathways)			X	X		
Brain Injury Outpatient Emotional Regulation Group (Pathways)			X	X		
Brain Injury Outpatient Exercise Specialist Referrals			X	X		
Brain Injury Outpatient Family Support Group (Pathways)						X
Brain Injury Outpatient Neuropsych Family Education Lecture (Pathways)						X
Brain Injury Outpatient Substance Use & Brain Injury Lecture (Pathways)			X	X		
Brain Injury Post-Acute Day Program (Pathways)			X	X		
Brain Injury Post-Acute Outpatient Therapy (Pathways)			X	X		
Brain Injury Post-Acute Residential Program (Pathways)			X	X		
Chaplain Services	X					
Community Recreational Therapy	X					
Complex Concussion Clinic						X
Dietitian	X					
Driving Program	X					
Emergency Preparedness – RESCUE	X					
Exoskeleton Program		X				
Hunting Trips	X					
Life Skills Training	X					
Lymphedema/Edema Services	X					
MARTA Training	X					
Massage	X					
Multiple Sclerosis Institute					X	
Multi-Specialty Clinic		X	X			X
Multiple Sclerosis Outpatient Therapy					X	X
Multiple Sclerosis Wellness Program					X	
NMO Support Group						X
Noble Learning Resource Center (Library)	X					
No Obstacles		X				
ProMotion Fitness Center	X					
Recreational Therapy “Discover Scuba”	X					
Recreational Therapy Scuba Trip	X					
Recreational Therapy Snow Skiing Trip	X					
Recreational Therapy Water Ski Clinic	X					
Seating Clinic	X					
SHARE Military Initiative						X
Shepherd Step		X	X	X		X
Side by Side Clubhouse			X			
Spinal Cord Injury Peer Support Program		X				
Spinal Cord Injury Post-Acute Day Program		X				

	Anyone	SCI	ABI	CVA	MS	Other
Spinal Cord Injury Post-Acute Outpatient Therapy		X				
Spine and Pain Institute	X					
Transitional Support Program		X	X	X		X
Upper Extremity Clinic	X					
Urology Clinic	X					
Van Show	X					
Vocational Rehabilitation	X					
Volunteer Services	X					
Wellness Clinics	X					
Wound Care Clinic	X					
YMCA's Train the Trainer Grant	X					

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Recreation

10K Peachtree Road Race

Description	Every July 4, the Atlanta Track Club and Shepherd Center coordinate the Wheelchair Division of the AJC Peachtree Road Race in Atlanta.
Who is Appropriate	Participant must qualify & volunteer opportunities.
Associated Costs	\$25 for registration; free to volunteer
Contact	Rebecca Washburn: 404-350-7787

Adaptive Sports Teams

Description	The Shepherd Center Sports Program provides individuals with physical disabilities the opportunity to participate in athletic competition on a local, national, and international level. Teams consist of: Shepherd Cyclers (handcycling), Shepherd Smash (quad rugby), Shepherd Sluggers (softball), Shepherd Skiers (water skiing), Shepherd Stealers (wheelchair basketball), Shepherd Strikers (power soccer), Shepherd Stringers (bass fishing), Shepherd Sharks (swimming), Shepherd Swords (fencing), Shepherd Shooters (riflery), and Shepherd Spinners (wheelchair racing).
Who is Appropriate	Individuals with SCI, ABI, CVA, MS and other neurological diagnoses.
Associated Costs	Out-of-pocket expense: \$75 / year plus additional travel expenses and other expenses
Contact	Matt Edens screens appropriateness for teams: 404-367-1287

Adventure Skills Workshop (ASW)

Description	Once a year workshop (2 night) offering a full array of outdoor activities including tubing, jet skiing, water skiing, scuba diving, swimming, fishing, ATV, climbing wall, canoeing, kayaking, target/skeet shooting, and water polo.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Open to families and friends as well.
Associated Costs	\$225 includes meals, lodging, and instruction. Registration required.
Contact	Kelly Edens: 404-350-7793

Birdwatching Retreat

Description	Twice a Year - Birdwatching Retreat includes accommodations (double occupancy), meals, and educational session and birdwatching tour hosted by the Audubon Society.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Open to families and friends as well.
Associated Costs	Minimal cost to patient. Subsidized through donor funding.
Contact	Kelly Edens: 404-350-7793

Community Recreational Therapy

Description	Shepherd Center's Recreation Therapy Department provides education, skill development, and community reintegration opportunities. Services are 1:1 on the following: Rec Therapy assessment, hands on demonstration/adaptive equipment, and resources by need.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	Donor Funded – No cost to patient
Contact	Kelly Edens: 404-350-7793

Hunting Trips

Description	Various hunting opportunities throughout the year including deer and turkey when in season. The hunts are two to three days over a weekend within the southeast.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	Out-of-pocket Expense
Contact	Kelly Edens: 404-350-7793

Recreational Therapy 'Discover Scuba'

Description This once a month hands-on introductory class is held at Shepherd Center's pool. Class instructors are certified by the Professional Association of Diving Instructors and Handicapped Scuba Association.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs Out-of-pocket Expense

Contact Rebecca Washburn: 404-350-7787

Recreational Therapy Scuba Trip

Description This once a year scuba trip has Shepherd Center teaming up with Divers@Sea. The trip is open to all scuba skill levels and abilities, as well as family and friends.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Handicapped Scuba Association certification required.

Associated Costs Out-of-pocket Expense

Contact Rebecca Washburn: 404-350-7787

Recreational Therapy Snow Skiing Trip

Description This bi-annual trip features private adaptive ski instruction and is open to all skill levels and abilities, as well as family and friends.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs Out-of-pocket Expense

Contact Rebecca Washburn: 404-350-7787

Recreational Therapy Water Ski Clinics

Description Led by professionally trained ski instructors, clients can learn the fundamentals of adaptive skiing. This workshop is designed for beginner and intermediate skiers.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs Out-of-pocket Expense

Contact Rebecca Washburn: 404-350-7787

Wellness Clinics

Description Shepherd Center's "From Injury to Integration: Closing the Healthcare Gap" a Health and Wellness Hands-On Clinic is for participants to receive continued education to learn, review, and practice wheelchair sports, such as handcycling and tennis, etc. under the guidance of the Recreation Program. Participating in these types of activities can reduce secondary complications, increase endurance and strength, and can expand your knowledge of leisure skills. Regular participation in leisure-time physical activity will help maintain a well-balanced and healthy lifestyle.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. This can vary depending on the clinic offered and will be noted when a clinic is held.

Associated Costs Grant funded but could change in the future to out-of-pocket expense.

Contact Kelly Edens: 404-350-7793

Therapy Programs

Assistive Technology

Description Assistive Technology is available to current patients. OT and SLP RESNA Certified Assistive Technology Professionals empower patients to be more independent with electronics like cell phones, computers, tablets, call systems, and smart-home systems.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs Assessment covered by most insurance or out of pocket. Equipment is mostly self-pay.

Contact Leah Barid: 404-350-7687; Adina Bradshaw: 404-350-7426

Beyond Therapy

Description	Beyond Therapy® is a rigorous, activity-based program designed to help people with a variety of neurological disorders improve lifelong health, minimize secondary complications, and get the most from any new neural links to their muscles. Utilizes technology including: Lokomat: Robotic-assisted treadmill training, and other technology Body-Weight-Supported Manual Treadmill Training Parastep: NMES-based synthesized gait restoration Giger Training: Active/Passive coordinated movement of all four extremities and trunk
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	Out-of-pocket Expense: \$100/hr sessions average 9-10hrs per week per patient. Shortest length of stay is 4 weeks.
Contact	Rebecca Washburn: 404-350-7787

Brain Injury Post-Acute Day Program (Pathways)

Description	Located in Decatur, GA, Shepherd Pathways Day Program offers outpatient individual and group based treatments to post-acute brain injury and stroke patients. Day program involves facility-based and community reintegration training to assist patients and families in a smooth transition back into their home, work, school, and community. Patients must be able to tolerate up to 5 hours of therapy per day.
Who is Appropriate	Individuals with ABI or CVA diagnoses.
Associated Costs	Available upon referral
Contact	404-350-7602

Brain Injury Post-Acute Outpatient Therapy (Pathways)

Description	Shepherd Pathways offers individualized treatment including OT, PT, ST, CSLG, Rec Therapy, Exercise Specialist, & Vocational Counseling. Participation in any of these services is based on referral order from a MD.
Who is Appropriate	Individuals with ABI or CVA diagnoses.
Associated Costs	Covered by most private insurance
Contact	404-350-7602

Brain Injury Post-Acute Residential Program (Pathways)

Description	Located in Decatur, GA at Shepherd Pathways, Pathways Residential Program offers an 11-bed facility with supervision provided by LPN's & patient care techs for those who cannot live alone or with family. This program provides daily therapy, as well as weeknight and weekend activities.
Who is Appropriate	Individuals with ABI or CVA diagnoses.
Associated Costs	Available upon referral
Contact	404-350-7602

Driving Program

Description	Certified driver rehab specialists provide van, auto and equipment evaluations, recommendations, modifications, and training. They help clients find the most appropriate driving systems. For non-drivers, they review needs and prescribe the most suitable transportation equipment. www.shepherd.org/patient-programs/outpatient-clinics/adapted-driving-services
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	Covered by most insurances
Contact	Assistive Technology: 404-350-7760

Lymphedema/Edema Services

Description	Lymphedema/edema management is offered by physical and occupational therapists trained in Complete Decongestive Therapy. The treatment includes short stretch compression bandaging and manual lymphatic drainage to reduce swelling and improve skin health. Compression garments are then worn daily to promote the reduction in swelling.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses that also have edema (swelling) that would benefit from reduction with compression bandaging and/or compression garments. This treatment can also be modified to manage edema when wounds are present.
Associated Costs	Treatment is covered by most private insurers. The garments have more restrictions on coverage and vary based on insurer.
Contact	404-350-7502

Multiple Sclerosis Outpatient Therapy

Description	MS patients who need to improve function for daily living and require a skilled therapist to provide treatment and care can receive services through this program. Physical therapy, occupational therapy, and speech therapy focus on changes in function. Patients who may benefit from skilled therapy include those who have a specific health issue to address (e.g., gait dysfunction, swallowing issues, significant increase in fatigue, muscle weakness, poor balance, and falls).
Who is Appropriate	Individuals diagnosed with Multiple Sclerosis or Devic's Disease.
Associated Costs	Insurance may pay for services based on coverage.
Contact	Nacola Munford: 404-367-1268

No Obstacles

Description	Adolescents rely on school experiences and positive peer interactions for much of their self-esteem and growth. Shepherd Center has developed a program for teens with spinal cord injuries called No Obstacles, to facilitate the back-to-school transition. Designed by the individual patient, the program can include in-school awareness and sensitivity training for school staff and students, as well as instruction in medical issues that may arise during the school day.
Who is Appropriate	Individuals with SCI.
Associated Cost	Donor funds support all associated costs.
Contact	Cindy Hartley: 404-350-7619; Sherry Robinson: 404-350-7609

Seating Clinic

Description	The seating clinic is available to current patients and anyone in the community. PTs and rehabilitation technicians help custom-fit cushions, wheelchairs, and other mobility devices. https://www.shepherd.org/patient-programs/outpatient-clinics/seating
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	Covered by most insurance or out of pocket.
Contact	404-350-7760

SHARE Military Initiative

Description	A comprehensive rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury, along with co-occurring PTSD or other mental health concerns (such as depression or anxiety), from service in post-9/11 conflicts.
Who is Appropriate	Individuals who: have served in post-9/11 conflicts, have functional difficulties due to a diagnosed or suspected brain injury, may have PTSD (or other mental health concerns) that does not require hospitalization, and have a discharge plan.
Associated Costs	No out of pocket costs. Covered by TRICARE, other insurances, and donor funds.
Contact	404-603-4314

Shepherd Step

Description	Shepherd Step is an intensive walking program coupling Body Weight Supported Locomotor Training over a treadmill with over-ground activities to assist participants in achieving the most functional level of walking possible. This outpatient physical therapy program offers a high level of intensity with treatment sessions offered 2-5 times per week for either 60 or 90 minutes per session.
Who is Appropriate	Individuals with traumatic spinal cord injury, transverse myelitis, spinal cord infarct, surgically decompressed primary tumor (excluding radiation and chemotherapy), ABI, and CVA.
Associated Costs	Covered by insurance or out of pocket.
Contact	404-350-3102

Spinal Cord Injury Post-Acute Day Program

Description	Day Program is a transitional post-acute program for individuals that wish to continue therapy to increase level of independence in the community. To qualify for day program individuals must no longer require around-the-clock care, can tolerate at least three hours of therapy a day, and set realistic goals to reach.
Who is Appropriate	Individuals with SCI and no medical issues that would prevent therapy.
Associated Costs	Covered by most private insurers.
Contact	404-350-7502

Spinal Cord Injury Post-Acute Outpatient Therapy

Description	Shepherd Center provides outpatient treatment, rehabilitation, and therapy. Individuals are not required to partake in all therapies but can participate in all if needed.
Who is Appropriate	Individuals with SCI
Associated Costs	Covered by most private insurers
Contact	404-350-7502

Physical Wellness

Aquatics: Personal Training & Swim Lessons

Description	Personal training and swimming lessons offered
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Everyone must complete a pool check off before using the Shepherd Center Pool for aquatics personal training. Pool check off includes swimming down and back 1x, maintaining vertical position for 60 seconds in deep end, prone float in shallow end for 20 seconds, roll over from prone to supine then upright themselves to standing or seated position.
Associated Costs	Out-of-pocket Expense: 3 sessions -\$138 for personal training. Four 30-minute sessions - \$120 for swim lessons.
Contact	Rebecca Washburn: 404-350-7787

Brain Injury Outpatient Exercise Specialist Referrals

Description Personal training sessions offered with exercise specialists at Pathways.
Who is Appropriate Individuals with ABI or CVA diagnoses.
Associated Costs Available upon referral
Contact 404-350-7602

Massage

Description Massage therapy
Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Open to Families, Friends, and Community Members.
Associated Costs Out-of-pocket Expense: \$70 for a 60 minute session
Contact Rebecca Washburn: 404-350-7787

Multiple Sclerosis Wellness Program

Description The MS Wellness Program is designed to assist individuals living with MS to learn to manage their health in both a physical and psychosocial sense. Under the guidance of an exercise physiologist, this comprehensive program will teach participants exercises that are appropriate for their physical abilities and promote self-care. The program empowers patients to stay active and decrease the effects of deconditioning. Clients benefit from MS-specific group fitness classes, including land and aquatic classes. Personal training is also available. The wellness program also provides research opportunities to clients.
Who is Appropriate Individuals with MS.
Associated Costs Out-of-pocket Expense. National MS Society may help with cost of program.
Contact Blake Burdett: 404-603-4916

ProMotion Fitness Center

Description Shepherd Center's ProMotion Fitness Center focuses on a total approach to fitness and wellness that emphasizes physical and mental well-being to help gain and maintain strength, endurance, and ward off secondary complications. We offer land and aquatic group classes, personal training, yoga classes, and access to our gym with accessible equipment.
Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Also open to Families, Friends, and Community Members. For Pool: Everyone must complete a pool check off before using the Shepherd Center Pool for aquatics personal training. Pool check off includes swimming down and back 1x, maintaining vertical position for 60 seconds in deep end, prone float in shallow end for 20 seconds, roll over from prone to supine then upright themselves to standing or seated position.
Associated Costs Out-of-pocket expense: \$100 initiation for individuals, \$150 initiation fee for family membership. \$180/6months for individuals and \$240/6 months for family membership. SCI/ABI trust fund may also cover memberships. Patients can apply for those funds.
Contact Rebecca Washburn: 404-350-7787

YMCA's Train the Trainer Grant

Description Partnership with the YMCA, exercise specialists will train trainers at YMCAs which allows patients better access in the community.
Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs No Cost
Contact Rebecca Washburn: 404-350-7787

Community Support

Advocacy Program

Description	The Advocacy Program monitors legislation and related issues that impact the disability community. In addition, the program assists self-help groups that are working on disability rights. Advocacy's staff can help connect you with the individuals, decision-makers and advocacy groups that affect public policy and disability rights.
Who is Appropriate	Open to all individuals
Associated Costs	No Cost
Contact	Mark Johnson 404-350-7490

Brain Injury Outpatient Adjustment Group (Pathways)

Description	This is a counseling group where group members discuss feelings about having a brain injury, life changes because of the brain injury and what it feels like to be at Pathways.
Who is Appropriate	Individuals with ABI & CVA.
Associated Costs	Covered by most insurances
Contact	404-603-1405

Brain Injury Outpatient Emotional Regulation Group (Pathways)

Description	The focus of this group is to help clients identify their emotions and to assist them in improving their ability to manage their responses to stress. There will be both educational and hands-on training within each group session. The educational component will define emotional regulation and explain the emotional cycle. The hands-on component will involve training in emotional control and allow group members to practice skills with the guidance of the group leader and feedback from their peers.
Who is Appropriate	Individuals with ABI & CVA.
Associated Costs	Covered by most insurances
Contact	404-603-1405

Brain Injury Outpatient Family Support Group (Pathways)

Description	This is a support group for families/caregivers. It is primarily a support group and caregivers can attend as often as they like. Provides a forum and resources for families and caregivers of persons living with brain injury.
Who is Appropriate	Families of individuals with ABI & CVA.
Associated Costs	Covered by most insurances
Contact	404-603-1405

Brain Injury Outpatient Neuropsychology Family Education Lecture (Pathways)

Description	The post-acute family lecture is an educational lecture aimed at providing families with information surrounding traumatic and acquired brain injuries. Brain injuries affect many aspects of the individual's life including cognition, emotional response, physical ability, and behavior. Although the changes affect the person with the brain injury most directly, people who provide care also experience changes. Family members are key in the long-term rehabilitation of a person with a brain injury and the demands involved can be overwhelming. This lecture will serve as an important resource in helping family members understand the brain injury and in fostering their ability to cope with and assist in the rehabilitation process.
Who is Appropriate	Families of individuals with ABI & CVA.
Associated Costs	Covered by most insurances
Contact	404-603-1405

Brain Injury Outpatient Substance Use & Brain Injury Lecture (Pathways)

Description This is an educational lecture aimed at educating clients about the impact of substance use following a brain injury. After a brain injury, alcohol and substance use can slow recovery and worsen cognitive, emotional, and physical difficulties. This lecture is aimed to help clients recognize that alcohol and substance use following a brain injury is harmful.

Who is Appropriate Individuals with ABI & CVA.

Associated Costs Covered by most insurances

Contact 404-603-1405

Chaplain Services

Description While respecting Shepherd's immense cultural and religious diversity the chaplain services provides spiritual nurturing and healing in a time of need to both patients and family support systems.

Who is Appropriate Open to all individuals

Associated Costs Donor Funded – No cost to patient

Contact Chaplain Alan Roof: 404-350-7674; Chaplain Ben Rose: 404-350-7328

Emergency Preparedness - RESCUE

Description Shepherd Center launched RESCUE, a community service program providing home alert labels and education for people with physical and or cognitive limitations who find themselves in emergency situations. The mission is to aide in quicker response times and creation of better emergency plans.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs No Cost

Contact Tuwanyo Willis: 404-367-1363

Life Skills Training

Description Many individuals need training and support in their homes and communities to reach their maximum level of functioning. This program's goal is to help individuals achieve greater responsibility over many aspects of their lives. Services include training on: Community support, structuring daily living tasks, home management, money management, medication management, meal prep, safety awareness, time management, lawn/gardening, transportation access, and health & wellness.

Who is Appropriate Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.

Associated Costs \$350 for the initial evaluation, then \$60/hr and \$25/hr for travel. If self-pay, the evaluation and travel fees are waived and it is \$33/hr

Contact Laura O'Pry: 404-367-1255

NMO Support Group

Description Support group for individuals living with NMO (Neuromylitis Optica). Held the 2nd Saturday of the month from 10am -12pm at Shepherd Center.

Who is Appropriate Individuals with NMO.

Associated Costs No Cost

Contact Lisa Lundy: 404-350-7756

Noble Learning Resource Center (Library)

Description The NLRC provides patient and family medical resources for researching medical issues. An experienced medical librarian is available to help with research.

Who is Appropriate The library is open to all patients, their family members and visitors, as well as to community members with questions related to Shepherd Center's areas of expertise.

Associated Costs Donor Funded – No cost to patient

Contact 404-350-7473

Side by Side Clubhouse

Description	Side by Side Brain Injury Clubhouse is a place for brain injured adults to work together in a supportive environment to move from hospital patients to contributing community members. www.sidebysideclubhouse.org
Who is Appropriate	Individuals with ABI.
Associated Costs	An application for membership is required. There is a per-day fee to cover the cost of providing services. Members without an external payer source receive discounts based on financial need and availability of scholarship funds. Worker's compensation carriers, state Vocational Rehabilitation, and the Independent Care Waiver Program of Medicaid may sponsor members who qualify for their services. Members with a traumatic brain injury may apply to the Brain and Spinal Injury Trust Fund for scholarship assistance.
Contact	770-469-9355

Spinal Cord Injury Peer Support Program

Description	This program provides recently injured individuals with an opportunity to meet and talk with others who are successfully coping with a SCI. The program provides personal support and direct assistance to families living with spinal cord injury. Peer support can be provided in informal one-on-one sessions, functional demonstrations, or in small groups. Support Groups are offered to the public.
Who is Appropriate	Individuals with SCI and caregivers.
Associated Costs	No Cost
Contact	Minna Hong: 404-350-7373

Transitional Support Program

Description	The mission of Transition Support Program is to maximize client and family independence and autonomy by providing education, guidance, and support upon discharge to home to improve health and safety outcomes. We assess clients for early prevention of medical complications, reinforce knowledge and skills learned in hospital based rehabilitation programs, facilitate effective medication management, provide recommendations for home safety, and assist in the identification of local community support services. Coordinated with Case Management.
Who is Appropriate	Individuals with SCI, ABI, CVA, or other neurological diagnoses. Screening in place for who qualifies.
Associated Costs	Donor Funded - No cost to patient
Contact	Laura O'Pry: 404-367-1255

Vocational Rehabilitation

Description	The goals of the Vocational Services Program are to: assist clients in returning to their previous employment, pursue new employment options, or prepare for employment in the future. This program will help facilitate making accommodations for a successful return to work to support the client's independence and autonomy.
Who is Appropriate	All Shepherd Center clients are eligible for referral to Vocational Services and may be referred by any professional member of the staff.
Associated Costs	Donor Funded - No cost to patient
Contact	Debbie Page: 404-350-7588

Volunteer Services

Description	Volunteers work in 20 different areas across the hospital, contributing an average of 1,400 hours each month. Applications are reviewed daily, and an invitation-only orientation is held for new volunteers once every month, except December. www.shepherd.org/volunteer
Who is Appropriate	Volunteers must be at least 15 years old (18 years old for <u>most</u> positions) Commit to serve on a regular basis for a minimum of three months Complete an application Volunteers must participate in a two-hour evening orientation (held monthly January - November) Submit a health form (including proof of immunization/vaccinations for measles, mumps, and rubella) Allow a background check Pass a drug screen Meet with a member of the Volunteer Services Department
Associated Costs	No Cost
Contact	404-350-7316

Transportation

Airport Mobility Outing

Description	Travel with Success! This one hour travel class is offered once a month on detailed air travel information. Airline seats are present to be able to complete a realistic transfer within center. One can attend the airport outing once a month to get the full experience in taking a flight but not taking off. This is a high volume outing so please contact us well in advance of your scheduled travel if you are interested.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	No Cost
Contact	Kelly Edens: 404-350-7793

MARTA Training

Description	Public transportation anyone? Training is available for the public rail and bus system used in Atlanta. Therapists will complete an education session to know what is needed to navigate a public transportation system here and in your home community.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	MARTA Ticket
Contact	Kelly Edens: 404-350-7793

Van Show

Description	Local vendors bring their accessible vehicles for patients and families to see. Clients are encouraged to enter/exit the vehicles when supervised by staff or a family member.
Who is Appropriate	Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.
Associated Costs	No Cost
Contact	Matt Abisamra: 404-350-7722

Outpatient Medical Clinics

Complex Concussion Clinic

Description	The Complex Concussion Clinic care team meets to develop a personalized treatment plan. Complex concussion patients often have problems that involve balance, pain, mood, attention, light sensitivity and sleep. They may be athletes who want to return to their sport, students who are missing school or employees who are losing time from work. The clinic's extensive program provides recreation therapy, cognitive therapy, occupational therapy, psychological counseling, vestibular therapy for dizziness and balance, and athletic training.
Who is Appropriate	Patients who: Have dizziness, balance problems and nausea lasting more than a few days after the injury; have dizziness and difficulty sleeping or concentrating two to three weeks after injury; had a prior concussion that required an extended recovery; and/or have a history of migraines or learning challenges.
Associated Costs	Covered by most insurances or self-pay
Contact	Cheryl Appleberry: 404-603-4980.

Dietitian

Description	Provides nutrition counseling to patients and caregivers for a variety of disease states as well as adjusting orders for patients on home tubefeeding regimens.
Who is Appropriate	Patients who need help with weight management, uncontrolled diabetes, increased needs of wound healing, or adjustments to home tubefeeding regimens.
Associated Costs	N/A
Contact	Consult and appointment request ordered by physician, appointment by OP scheduling.

Exoskeleton Program

Description	A powered exoskeleton worn around the waist and legs which allows gait impaired individuals to stand and walk.
Who is Appropriate	Patients with spinal cord injuries injured at T7 and below who have medical clearance for full weight bearing and gait training.

Optimal candidates should have:

- Passive range of motion at their hips, knees and ankles to neutral or better
- Adequate bone health to tolerate full weight bearing and walking with stability aid without increased risk for bone fracture
- Tolerance for being fully upright without being symptomatic (drop in blood pressure to cause dizziness)
- Body type 5'1" (155cm) to 6'3" (190cm) and weight 250 pounds (113kg) or less.
- Intact skin where person would come in direct contact the device
- Spasticity level 3 or less on the Modified Ashworth Scale (MAS)
- Stable cardiovascular health

In addition, the following contraindications must be considered:

- Contractures at the user's hips, knees or ankles
- Unresolved deep vein thrombosis
- Diminished standing tolerance caused by orthostatic hypotension
- Uncontrolled autonomic dysreflexia
- Poor skin integrity where the person would come in direct contact with the device
- Heterotopic ossification that would limit joint range of motion at the user's hips, knees or ankles
- Lower limb prosthesis.
- Uncontrolled hypertension or hypotension
- Cognitive impairments resulting in inability to follow directions.

- Visual impairments that would make walking unsafe
- Any condition which in the opinion of a medical doctor prevents a person from using the device.

Associated Costs \$80,000 for the device and up to about \$5,000 for training.
 Contact Dina Mallya: 404-350-7502

Multiple Sclerosis Institute

Description The Multiple Sclerosis Institute at Shepherd Center provides treatment to individuals diagnosed with MS. The MS institute offers treatment through medications, physical rehabilitation, experimental therapies, and clinical trials.

Who is Appropriate Individuals with MS, suspected MS and similar neurological diagnoses

Associated Costs Covered by most insurances

Contact 404-352-2020

Multi-Specialty Clinic

Description This clinic is a multifaceted care program that treats the secondary conditions and complications following a catastrophic injury.

Who is Appropriate Individuals with SCI, ABI, and other neurological diagnoses.

Associated Costs Covered by most insurances

Contact 404-350-7518

Spine and Pain Institute

Description The Shepherd Spine and Pain institute offers treatment and management of pain caused by neurologic diagnoses, degenerative disease, or injuries, including SCI and ABI multitrauma. www.shepherdpaininstitute.org

Who is Appropriate Individuals experiencing spine, joint, or muscle pain. Including those seeking pain management, migraine headache, CRPS, and phantom pain treatment.

Associated Costs Covered by most insurances

Contact 404-603-4203

Upper Extremity Clinic

Description The Upper Extremity Clinic offers treatment and rehabilitation therapy to individuals with limited function of arms, wrist, and/or hands due to a catastrophic injury.

Who is Appropriate Shepherd Center inpatients, day program and outpatients. Evaluation to determine if appropriate.

Associated Costs Covered by most insurances

Contact Velma Moore: 404-350-3102

Urology Clinic

Description The Shepherd Center Urology Clinic offers diagnostic, surgical and bladder management for disabled and able-bodied individuals with incontinence.

Who is Appropriate Individuals with incontinence

Associated Costs Covered by most insurances

Contact 404-350-2020

Wound Care Clinic

Description The Wound Clinic provides comprehensive pressure injury management to chronic and non-healing wounds through cutting edge interventions including conservative and surgical treatment.

Who is Appropriate Patients who have chronic or non-healing wounds.

Associated Costs Based on medical coverage and services rendered

Contact 404-350-7534 (internal use only)