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.
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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.

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 9-10hs 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 weekend and 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](http://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
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<th>Service</th>
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<th>Who is Appropriate</th>
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<td><strong>Lymphedema/Edema Services</strong></td>
<td>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.</td>
<td>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.</td>
<td>Treatment is covered by most private insurers. The garments have more restrictions on coverage and vary based on insurer.</td>
<td>404-350-7502</td>
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<td><strong>Multiple Sclerosis Outpatient Therapy</strong></td>
<td>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).</td>
<td>Individuals diagnosed with Multiple Sclerosis or Devic’s Disease.</td>
<td>Insurance may pay for services based on coverage.</td>
<td>Nacola Munford: 404-367-1268</td>
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<tr>
<td><strong>No Obstacles</strong></td>
<td>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.</td>
<td>Individuals with SCI.</td>
<td>Donor funds support all associated costs.</td>
<td>Cindy Hartley: 404-350-7619; Sherry Robinson: 404-350-7609</td>
</tr>
<tr>
<td><strong>Seating Clinic</strong></td>
<td>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. <a href="https://www.shepherd.org/patient-programs/outpatient-clinics/seating">https://www.shepherd.org/patient-programs/outpatient-clinics/seating</a></td>
<td>Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.</td>
<td>Covered by most insurance or out of pocket.</td>
<td>404-350-7760</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Who is Appropriate</th>
<th>Associated Costs</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brain Injury Outpatient Exercise Specialist Referrals</strong></td>
<td>Personal training sessions offered with exercise specialists at Pathways.</td>
<td>Individuals with ABI or CVA diagnoses.</td>
<td>Available upon referral</td>
<td>404-350-7602</td>
</tr>
<tr>
<td><strong>Massage</strong></td>
<td>Massage therapy</td>
<td>Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.  Open to Families, Friends, and Community Members.</td>
<td>Out-of-pocket Expense: $70 for a 60 minute session</td>
<td>Rebecca Washburn: 404-350-7787</td>
</tr>
<tr>
<td><strong>Multiple Sclerosis Wellness Program</strong></td>
<td>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.</td>
<td>Individuals with MS.</td>
<td>Out-of-pocket Expense. National MS Society may help with cost of program.</td>
<td>Blake Burdett: 404-603-4916</td>
</tr>
<tr>
<td><strong>ProMotion Fitness Center</strong></td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>Rebecca Washburn: 404-350-7787</td>
</tr>
<tr>
<td><strong>YMCA’s Train the Trainer Grant</strong></td>
<td>Partnership with the YMCA, exercise specialists will train trainers at YMCAs which allows patients better access in the community.</td>
<td>Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.</td>
<td>No Cost</td>
<td>Rebecca Washburn: 404-350-7787</td>
</tr>
</tbody>
</table>
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
<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Who is Appropriate</th>
<th>Associated Costs</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brain Injury Outpatient Substance Use &amp; Brain Injury Lecture (Pathways)</strong></td>
<td>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.</td>
<td>Individuals with ABI &amp; CVA.</td>
<td>Covered by most insurances</td>
<td>404-603-1405</td>
</tr>
<tr>
<td><strong>Chaplain Services</strong></td>
<td>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.</td>
<td>Open to all individuals</td>
<td>Donor Funded – No cost to patient</td>
<td>Chaplain Alan Roof: 404-350-7674; Chaplain Ben Rose: 404-350-7328</td>
</tr>
<tr>
<td><strong>Emergency Preparedness - RESCUE</strong></td>
<td>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.</td>
<td>Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.</td>
<td>No Cost</td>
<td>Tuwanyo Willis: 404-367-1363</td>
</tr>
<tr>
<td><strong>Life Skills Training</strong></td>
<td>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 &amp; wellness.</td>
<td>Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses.</td>
<td>$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</td>
<td>Laura O’Pry: 404-367-1255</td>
</tr>
<tr>
<td><strong>NMO Support Group</strong></td>
<td>Support group for individuals living with NMO (Neuromyelitis Optica). Held the 2nd Saturday of the month from 10am -12pm at Shepherd Center.</td>
<td>Individuals with NMO.</td>
<td>No Cost</td>
<td>Lisa Lundy: 404-350-7756</td>
</tr>
<tr>
<td><strong>Noble Learning Resource Center (Library)</strong></td>
<td>The NLRC provides patient and family medical resources for researching medical issues. An experienced medical librarian is available to help with research. 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.</td>
<td>Donor Funded – No cost to patient</td>
<td>404-350-7473</td>
<td></td>
</tr>
</tbody>
</table>
**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](http://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](http://www.shepherd.org/volunteer)

**Who is Appropriate**
Volunteers must be at least 15 years old (18 years old for most 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](http://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)