

# Shepherd Center's Health & Wellness Resources

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**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.



Shepherd Center

# Diagnoses Index

	Anyone	SCI	ABI	CVA	MS	Other
AJC Peachtree Road Race	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					
Andrew C. Carlos Multiple Sclerosis Institute					X	
Multi-Specialty Clinic		X	X			X
Multiple Sclerosis Outpatient Therapy					X	X
Eula C. and Andrew C. Carlos Multiple Sclerosis Wellness Program					X	
NMO Support Group						X

# Diagnoses Index

	Anyone	SCI	ABI	CVA	MS	Other
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		X
Side by Side Clubhouse			X			
Spinal Cord Injury Peer Support Program		X				
Spinal Cord Injury Post-Acute Day Program		X				
Spinal Cord Injury Post-Acute Outpatient Therapy		X				
Dean Stroud 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

## AJC 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. <https://www.shepherd.org/resources/sports/peachtree-road-race>
- Who is Appropriate:** Participants must qualify; volunteer opportunities available
- Associated Costs:** \$25 for registration; free to volunteer
- Contact:** Rebecca Washburn: 404-350-7787

## Fred, Shaler and Andrew Alias Sports Teams Program

- Description:** The Fred, Shaler and Andrew Alias Sports Teams 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). <https://www.shepherd.org/resources/sports>
- Who is Appropriate:** Individuals with physical disabilities: SCI, amputees, 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, confidence course, canoeing, kayaking, target/skeet shooting, and water polo, rugby, basketball, etc. <https://www.shepherd.org/resources/sports/adventure-skills>
- Who is Appropriate:** Individuals with SCI, ABI, CVA, MS, and other neurological diagnoses. Open to families and friends as well. All participants that need any type of assistance will need to have that support at the event.
- Associated Costs:** \$225 Participants includes meals, lodging, and instruction. Family/caregiver \$200 Registration required.
- Contact:** Kelly Edens: 404-350-7793

## Birdwatching Retreat

- Description:** Bird.a.bil.i.ty is a fun clinic that is designed to help people with spinal cord injury or disease. Acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, Guillain-Barre syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS) get outside and experience nature through the fascinating and incredible world of birds. Participants will learn strategies and tips for identifying birds by sight and sound, as well as tips for attracting birds to your yard and participating in community science. The clinic includes an education session and an accessible birding walk at a state park.
- 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 Program 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

# Recreation

## 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:** Handicapped Scuba Association certification required.
- Contact:** Out-of-pocket expense  
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 Therapy 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. \$25 per event unless noted on flyer information.
- Contact:** Kelly Edens: 404-350-7793

# Therapy Programs

## Assistive Technology

**Description:**

Assistive Technology is available to current inpatients. 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.

<https://www.shepherd.org/patient-programs/outpatient-clinics/adaptive-tech>

**Who is Appropriate:**

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

**Associated Costs:**

Outpatient assessment and treatment is not covered by insurance. Clients will pay out of pocket.

**Contact:**

ATTherapy@shepherd.org; AT hotline: 404-350-7719; Leah Barid, OT: 404-350-7687; Adina Bradshaw, SPL: 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 OR Giger Training: Active/Passive coordinated movement of all extremities & trunk

<http://www.beyond-therapy.org/>

**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 (Shepherd Pathways)

**Description:**

Located in Decatur, GA, Shepherd Pathways 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.

<http://www.shepherdpathways.org/>

**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.

<http://www.shepherdpathways.org/>

**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. <http://www.shepherdpathways.org/>

**Who is Appropriate:**

Individuals with ABI or CVA diagnoses.

**Associated Costs:**

Available upon referral

**Contact:**

404-350-7602



# Therapy Programs

## 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

## 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

## Andrew C. Carlos Multiple Sclerosis Institute

**Description:**

People with MS 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, falls, cognitive issues, dizziness, and difficulty with daily activities).

<https://www.shepherd.org/patient-programs/multiple-sclerosis>

**Who is Appropriate:** Individuals diagnosed with Multiple Sclerosis or Devic's Disease.

**Associated Costs:** Insurance may pay for services based on coverage.

**Contact:** Ian Flannery 404-350-7587

## 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:** Anyone.

**Associated Costs:** 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

# Therapy Programs

## SHARE Military Initiative

**Description:**

A comprehensive rehabilitation program that focuses on assessment and treatment for active duty or separated service members who have served in the U.S. military since September 11, 2001 and who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury, or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress.

<https://www.shepherd.org/patient-programs/care-for-us-service-members>

**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 minutes per session.

<https://www.shepherd.org/patient-programs/shepherd-step>

**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.

<https://www.shepherd.org/patient-programs/spinal-cord-injury/day-program>

**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.

<https://www.shepherd.org/patient-programs/spinal-cord-injury/day-program>

**Who is Appropriate:**

Individuals with SCI

**Associated Costs:**

Covered by most private insurers

**Contact:**

404-350-7502

## **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

## **Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and 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 exercise physiologists, 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, one-on-one exercise sessions (land and aquatic), educational lectures, and community outings. Personal training is also available. The wellness program also provides research opportunities to clients. <https://www.shepherd.org/patient-programs/multiple-sclerosis/wellness>
- Who is Appropriate:** Individuals with MS.
- Associated Costs:** Out-of-pocket Expense. \$135/3 months. National MS Society scholarships available on a case-by-case basis.
- Contact:** Elizabeth Thomas 404-603-4916 or Chris Wells 404-603-4994

## **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. <https://www.shepherd.org/about/patient-and-family-guide/promotion-fitness-center>
- 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

## Physical Wellness

### 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. <https://www.shepherd.org/resources/advocacy>
- Who is Appropriate:** Open to all individuals
- Associated Costs:** No Cost
- Contact:** John Smith: 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.

<https://www.shepherd.org/about/patient-and-family-guide/chaplaincy>

**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.

<https://www.shepherd.org/resources/rescue>

**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 \$80/hr. If self-pay, the evaluation and travel fees are waived and it is \$30/hr

**Contact:** Laura O'Pry: 404-367-1255

## **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. <https://www.shepherd.org/research/library>
- 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](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:** Cindi Johnson 770-469-9355

## **Spinal Cord Injury Peer Support Program**

- Description:** This program provides recently injured individuals and their families with an opportunity to meet and talk with others who are successfully coping with traumatic injuries like their own. Peer Support can be provided online, in informal one-on-one session, in functional demonstrations and/or in groups to provide personalized support to patients and families living with new circumstances.
- Who is Appropriate:** Individuals living with and families affected by: Spinal Cord Injury, Brain Injury, Limb Loss, and NMO.
- Associated Costs:** No Cost
- Contact:** Pete Anziano 404-350-7373

## **Transition 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. We work closely with inpatient and post-acute Shepherd Case Managers to ensure comprehensive continuity of care. <https://www.shepherd.org/patient-programs/transitionsupport>
- Who is Appropriate:** Individuals with SCI, ABI, CVA, or other neurological diagnoses. Requires a referral from a Shepherd Case Manager. Must meet specific inclusion criteria and require ongoing case management.
- 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

# Community Support

## 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)
- 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)
- Who is Appropriate:**
- Submit proof of immunization/vaccinations for measles, mumps, and rubella (MMR), tuberculosis (TB) and flu (during flu season - between the months of October and March)
  - Pass a background check
  - Pass a drug screen
  - Pass Compliance & HIPAA training
  - Meet with a member of the Volunteer Services Department
- Associated Costs:** No Cost
- Contact:** Alex Seblatnigg 404-350-7315

# 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

## Complex Concussion Clinic

**Description:**

Complex Concussion Clinic offers comprehensive assessment and treatment by a team of specialists that may include Neurologists, Rehabilitation Medicine Physicians and Neuropsychologist, athletic trainers, physical, occupational, and speech therapy and vestibular specialist. Comprehensive treatment approach is patient-centered with an emphasis on return to play, school/work and community.

**Who is Appropriate:**

Patients who: Patients who: Are age 12 and above who are experiencing symptoms from a concussion or a mild brain injury that has occurred in the past six months. Referral is appropriate for patients who are experiencing symptoms including: Prominent dizziness, balance problems and/or nausea, difficulty with sleep, persistent post-injury headaches, cognitive changes, such as poor concentration or difficulty with memory and changes in mood/anxiety

**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 tube-feeding regimens.

**Who is Appropriate:**

Patients who need help with weight management, uncontrolled diabetes, increased needs of wound healing, or adjustments to home tube-feeding 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.

**Contact:**

Keysha Robinson- 404-350-7502



# Outpatient Medical Clinics

## Andrew C. Carlos 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. <https://www.shepherd.org/patient-programs/multiple-sclerosis>

**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.

<https://www.shepherd.org/patient-programs/outpatient-clinics/multi-specialty>

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

**Associated Costs:** Covered by most insurances

**Contact:** 404-350-7518

## Dean Stroud Spine and Pain Institute

**Description:**

The Dean Stroud 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.

<https://www.shepherd.org/patient-programs/outpatient-clinics/upper-extremity>

**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.

<https://www.shepherd.org/patient-programs/outpatient-clinics/urology-services>

**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.

<https://www.shepherd.org/patient-programs/outpatient-clinics/wound-care>

**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)