

EDUCATIONAL RESOURCES



Shepherd
Center

Email Newsletters

Shepherd Center's email newsletters deliver the hospital's top news stories, features, videos and podcasts. Topics include brain and spinal cord injury, spine and chronic pain, and multiple sclerosis.

Sign up today at: [Shepherd.org/signup](https://shepherd.org/signup)

Online Newsroom

- Latest news, features, blogs, videos and podcasts
- Easily share content via social media and email

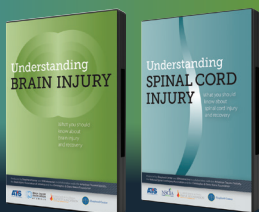
Bookmark it! [News.Shepherd.org](https://news.shepherd.org)



Shepherd Center
MyShepherdConnection.org

Educational website
for patients, caregivers,
and professionals

MyShepherdConnection.org



VIDEO SERIES

Learn about spinal cord and brain injury and recovery.

Visit BrainInjury101.org
or SpinalInjury101.org

NeuroRehabilitation Learning Institute

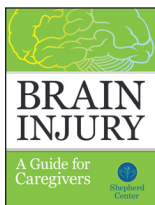
Online Continuing Education for Healthcare Professionals

education.shepherd.org

eBooks & Apps

Shepherd Center's educational materials and two new mobile apps are available as free downloads on iBooks, the Apple App and Google Play stores (search "Shepherd Center").

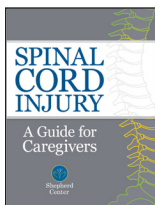
Brain Injury: A Guide for Caregivers



This guide features tips and advice for a patient's loved ones following a brain injury. It includes a glossary of

new terms you may hear in the trauma care setting, as well as a list of online resources.

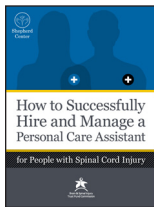
Spinal Cord Injury: A Guide for Caregivers



This guide features tips and advice for a patient's loved ones following a spinal cord injury. It includes a practical

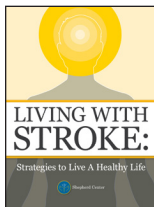
overview of spinal cord injury, a glossary of new terms you may hear and a list of resources.

How to Successfully Hire and Manage a Personal Care Assistant: For People with Spinal Cord Injury



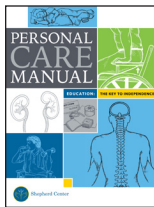
This guide provides practical tips to help people with spinal cord injury through the process of hiring a caregiver, whether privately or through a home care agency.

Living with Stroke: Strategies to Live a Healthy Life



This guide is a resource about stroke awareness, prevention, and how to manage life after a stroke.

Personal Care Manual: The Key to Independence



The manual contains a detailed overview of spinal cord injury and how to manage your bowel and bladder

program, skin, respiratory system and medications.

Mobile Apps

Auto Coach

This app helps parents teach teens how to drive safely.

SCI-Ex

This app helps promote exercise in people living with a spinal cord injury.

