

# 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.

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## Online Newsroom

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

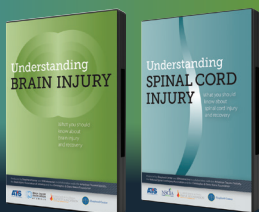
**Bookmark it!** [News.Shepherd.org](https://news.shepherd.org)



Shepherd Center  
[MyShepherdConnection.org](https://MyShepherdConnection.org)

Educational website  
for patients, caregivers,  
and professionals

**[MyShepherdConnection.org](https://MyShepherdConnection.org)**



### VIDEO SERIES

Learn about spinal cord and brain injury and recovery.

**Visit** [BrainInjury101.org](https://BrainInjury101.org)  
**or** [SpinalInjury101.org](https://SpinalInjury101.org)

## NeuroRehabilitation Learning Institute

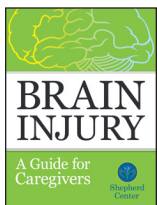
Online Continuing Education for Healthcare  
Professionals

**[education.shepherd.org](https://education.shepherd.org)**

## Online Resources

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

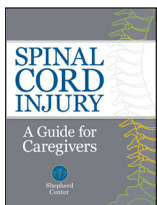
### Brain Injury: A Guide for Caregivers



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.

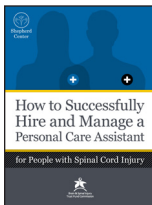
### Spinal Cord Injury: A Guide for Caregivers



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

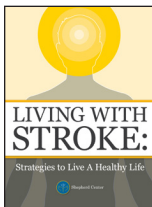
overview of spinal cord injury, a glossary of new terms you may hear and a list of resources.

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



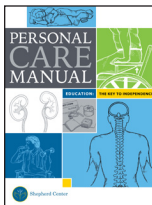
This guide provides practical tips to help people with spinal cord injury through the process of hiring a caregiver, whether privately or through a home care agency.

### 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 App Auto Coach

This app helps teach parents to teach teens how to drive safely.

## Podcasts

Shepherd Center podcasts feature interviews with expert clinicians. Find them on your favorite podcast streaming service.





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## Topics Available:

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  - Epidemiology
  - Medical Complications and Prevention
  - Assessment Tools
  - Clinical Implication and Intervention Strategies
  - Sexuality and Intimacy
- Multiple Sclerosis
  - Potential Rehabilitation Approaches and Neuroplasticity
  - Physical and Cognitive Rehabilitation Strategies
  - Health and Wellness
- Pressure Injury: Assessment and Prevention
- Spinal Cord Injury
  - Epidemiology and Classification
  - Prevention of Secondary Health Conditions
  - Neurogenic Bladder Management and Functional Skills
  - Neurogenic Bowel Management
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