

# Shepherd Center Life Skills Training – Fact Sheet

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Many survivors of brain injury and spinal cord injury need training and support in their own homes and communities to meet their goals. Shepherd Center's Life Skills Training Program is designed to maximize an individual's ability to function independently. Our goal is to help people with brain and spinal cord injuries take greater responsibilities over many aspects of their lives.

## Who Can Benefit From Life Skills Training?

People who have completed rehabilitation but need training to carry over skills and increase independence in the home and community.

## Initial Assessment

Shepherd Center staff members review each person's current functional level and then determine what kind of training is needed to develop compensatory strategies for his/her injury, thus increasing independence and maximizing participation in home/family life. Following the initial assessment, we use a collaborative approach to develop an individualized treatment plan.

## Life Skills Training Services

There is never a charge to the patient for life skills training services. This is a value-added service made possible by our generous donors. Life skills training services offered include:

- Community support
- Daily living tasks
- Home management
- Money management
- Medication management
- Meal preparation
- Safety awareness
- Time management
- Lawn care/gardening
- Transportation access
- Health and wellness

## Re-Assessment and Follow-Up

Case Managers will receive monthly reports. Regular meetings allow clients and their treatment team members to discuss progress, ask questions, or make changes in the treatment plan.

## For More Information

Contact Lydia Schubert, life skills therapist, at 678-421-4191 or at [lydia.schubert@shepherd.org](mailto:lydia.schubert@shepherd.org)

*Visit Shepherd Center online at [shepherd.org](http://shepherd.org).*



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