



## SHEPHERD CENTER LIFE SKILLS TRAINING

**M**any survivors of brain injury and spinal cord injury need training and support in their own homes and communities to reach their maximum level of functioning. 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 achieve greater responsibility over many aspects of their lives.

### WHO IS APPROPRIATE?

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

### INITIAL ASSESSMENT

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

### LIFE SKILLS TRAINING SERVICES

Life Skills Training Services are offered through the Transition Support Program on a fee-for-services basis to include:

- Community support – Assists in locating and utilizing resources and services in his/her community.
- Daily living tasks – Develops structure to increase independence with daily activities.
- Home management – Assists in organizing the home to develop a system for managing household tasks.
- Money management – Provides training in consumer transactions, budgeting, banking and bill paying.
- Medication management – Assists in development of a structured system for taking and filling

medication prescriptions. Reinforces the purpose for each medication and potential side effects.

- Meal preparation – Reinforces healthy eating habits and provides training in menu planning, grocery shopping and meal preparation.
- Safety awareness – Emphasizes personal safety in both home and community.
- Time management – Establishes a structured daily routine by utilizing time management and organizational skills to promote constructive use of time.
- Lawn care/gardening – Evaluates the ability to plan, organize and perform lawn and garden maintenance tasks.
- Transportation access – Assists with identifying local transportation options. Provides training in the use of transportation systems including MARTA and MARTA Mobility.
- Health and Wellness – Assists with implementing exercise plan and accessing community resources to sustain a healthy lifestyle post injury.

### RE-ASSESSMENT AND FOLLOW-UP

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

### CONTACT INFORMATION

Visit Shepherd Center online at [shepherd.org](http://shepherd.org).  
Contact Transition Support Program at 404-350-7371 or via email at [michael\\_rainey@shepherd.org](mailto:michael_rainey@shepherd.org).