
My Care Journal



Shepherd
Center

This journal belongs to:



“There is love here.

There is faith.

And there is hope.”

- James H. Shepherd, Jr.



Shepherd Center

Welcome to Shepherd Center!

During your rehabilitation journey, you will be getting a lot of new information, have many questions, and experience many different feelings along the way. We hope that you will use this Care Journal to track your progress, write down any questions you may have for your doctors and your medical team, record changes about your medications, and keep track of other helpful information as you get ready to leave.

We encourage you to be actively engaged in all aspects of your care, including learning how to ask or tell others how to help you. The family members that will be your care partners at home should also be actively engaged in learning and practicing hands-on care as often as possible. This will help to build their confidence, and yours, to assist you when you leave Shepherd Center.

We understand that the process of rehabilitation can be challenging , and we strive to provide excellent care. We are here to answer your questions and assist you in working toward your goals. You are now part of the Shepherd Center family, and we look forward to working with you.

Helpful Tips for Your Rehabilitation Journey

- 1.** It is normal and expected that you may feel stressed. Channel 4 on your Smart TV has relaxing music and images/scenery to help with sleep, deep breathing, and mindful moments to reduce stress.
- 2.** Ask questions. Communication with your care team is vital!
- 3.** To ensure that we can tailor your treatment to your needs, please give your health care team complete and accurate information about your health history, including medications and personal habits.
- 4.** You and Shepherd staff are partners in your care.
- 5.** Caregivers, please take care of yourself. Self care is vital to the demands of caregiving.
- 6.** Get to know each member of your team and assist them in establishing goals.
- 7.** Talk to your case manager about access to MyChart to view information.
- 8.** Take notes in this journal so your information will be in one handy resource. One day you'll be able to look back and see how far you've come.

Important People to Remember



Case Manager: _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____



Team Member _____

Contact Information: _____

Medications You're Currently Taking:



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“Alone we can do so little; together we can do so much.”

- *Helen Keller*

Marvin Zetina-Jimenez

Former Spinal Cord Injury Patient

“In one word, I would describe my recovery as ‘lucky.’ When you’ve been injured, you can really feel like you’ve hit rock bottom and like you’re so out of control. Shepherd gave me a place to focus on myself and my improvement rather than worrying about other things. They push their patients to do their best so you can get to a place where you’ll feel comfortable with yourself. Miracles happen at Shepherd, and they wouldn’t happen without help from the amazing therapists.

I got very lucky with how I recovered. Now that I’ve been given this amazing opportunity, I want to help others. I want to use what I learn to develop technology that can help people with spinal cord injuries.”



After sustaining a spinal cord injury, Marvin Zetina-Jimenez returned to school. Now, he wants to use his education in computer science and engineering to help people with disabilities.

Hannah Boulware

Former Acquired Brain Injury Patient



“The year I was discharged was also my entry to college. For most freshmen that’s a year full of uncertainty and anxiety. For myself after sustaining a brain injury I took comfort in that we all were going through new experiences and to be patient. I let my friends know early on my journey and they were very supportive.

I never thought my path and recovery would lead to my long term goal of becoming a clinical rehabilitation counselor so I can help others the same way they helped me. After graduating from the University of Tennessee I attended Kent University, where I received my master’s in clinical rehabilitation counseling. Don’t ever let anyone tell you, you can’t do it! Take it from me, you can.”



Shepherd Alum Hannah Boulware recently completed a master’s degree in clinical rehabilitation counseling at Kent Unviersity.



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“It’s your reaction to adversity, not adversity itself that determines
how your life’s story will develop.”

- Dieter F. Uchtdorf



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“I can't change the direction of the wind, but I can adjust my sails to always reach my destination.”

- *Jimmy Dean*



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“Challenges make you discover things about yourself you

never really knew.”

- *Cicely Tyson*



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“What lies behind you and what lies in front of you pales in comparison to what lies inside of you.”

- *Ralph Waldo Emerson*

Robin Singleton

*Caregiver to her Daughter,
Amanda Singleton Monsalve,
Former Acquired Brain Injury Patient*

“As a mother and caregiver to my daughter I had to understand that there would be rough days and times we could celebrate her victories in progression. My daughter was also newly married and I needed to listen to her husband’s perspective and respect that we were all in this together.

I can’t stress enough the importance of taking breaks and looking after yourself. The more rest and sleep you get the more you’ll be able to offer help and support to your loved one.”



Caregiver to Shepherd Alum Amanda Singleton Monsalve, Robin Singleton resides in Atlanta with her husband.

Christine Trotman

*Caregiver to her Daughter Eliana Trotman,
Andrew C. Carlos Multiple Sclerosis
Institute Patient*

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“I have the most awesome respect for the nurses and techs in this field, especially seeing them up close and all the complications the pandemic brought. They truly are heroes. They taught me what I needed to take care of my daughter. They prepared me for all that life could bring.

It’s all about hope. You have to choose hope. Every day. Shepherd Center is great at training you to do that. We’ll never lose that.”



Christine Trotman learned how to choose hope during difficulties in life after her daughter was diagnosed with neuromyelitis optica.



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“Start where you are. Use what you have. Do what you can.”

- Arthur Ashe



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“Keep your face always toward the sunshine, and

shadows will fall behind you.”

- *Walt Whitman*



My Goals:



Medication Changes:



Surgery/Procedures/Tests:



Diet:



Accomplishments:



Questions to Ask:



Thoughts:

“There is only one way to succeed in anything, and
that is to give it everything.”

- *Vince Lombardi*

Ken Johnson

Former Spinal Cord Injury Patient

“Everything about being in a wheelchair is an adjustment. No one has it together in the beginning. Everything I learned at Shepherd Center prepared me for returning home – from driving a car, vital for my independence and ability to keep my career, to making the bed and cooking a meal. You’ve got to eat.

For me, it’s no longer about being perfect, not making mistakes or worrying about what others may think. It’s about taking care of myself, accomplishing my tasks and accepting who I am in a wheelchair.”



Shepherd Alum Ken Johnson, MA, LPC, CPCSAL, is a licensed professional counselor and resides with his wife and family in Marietta, Georgia.

Otto Feil

Former Stroke Patient

“Shepherd Center was my first choice and after 10 days in Grady’s Stroke Center, I transferred to Shepherd Center.

I went through physical, occupational, and speech therapy every day. My progress was impeded by severe nerve pain resulting from the stroke. I didn’t know strokes came with nerve pain, but boy howdy, they can!

My progress has been the result of skilled help and prayers. I can honestly say the past five years have been the best years of my life. I got to quit practicing law, and my faith in God has deepened.”



Otto Feil experienced a stroke in 2018. He underwent a high-risk neurological intervention to ensure survival. Now, Otto has a new lease on life.

Month:

Sunday	Monday	Tuesday	Wednesday

Thursday	Friday	Saturday



Month:

Sunday	Monday	Tuesday	Wednesday

Thursday	Friday	Saturday



Week of:

Time	Sunday	Monday	Tuesday
1:00 a.m.			
2:00 a.m.			
3:00 a.m.			
4:00 a.m.			
5:00 a.m.			
6:00 a.m.			
7:00 a.m.			
8:00 a.m.			
9:00 a.m.			
10:00 a.m.			
11:00 a.m.			
12:00 p.m.			
1:00 p.m.			
2:00 p.m.			
3:00 p.m.			
4:00 p.m.			
5:00 p.m.			
6:00 p.m.			
7:00 p.m.			
8:00 p.m.			
9:00 p.m.			
10:00 p.m.			
11:00 p.m.			
12:00 a.m.			

Week of:

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1:00 a.m.			
2:00 a.m.			
3:00 a.m.			
4:00 a.m.			
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6:00 a.m.			
7:00 a.m.			
8:00 a.m.			
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10:00 a.m.			
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12:00 p.m.			
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6:00 p.m.			
7:00 p.m.			
8:00 p.m.			
9:00 p.m.			
10:00 p.m.			
11:00 p.m.			
12:00 a.m.			

Shepherd Center

Important Phone Numbers After Discharge

Main Number (404) 352-2020

Call Center (404) 603-5031

Staffed with nurses, our Call Center provides access to providers after discharge for non-emergent questions or concerns. Hours are Monday – Friday, 9 a.m. – 3 p.m. ET. They are closed on weekends and on holidays.

Outpatient Scheduling (404) 355-1144
(Seating clinic, clinic appointments)

Outpatient Apothecary (404) 350-7743

Important Resources

My Shepherd Connection:

myshepherdconnection.org

MyChart:

MyChart is an easy way to access important health information, providers, and request medication refills. If you have issues accessing MyChart please email mychartsupport@shepherd.org or call the MyChart Support Team at (404) 425-7250.

Access MyChart by going to mychart.shepherd.org.

Follow Up Appointments:

Appointment:

Name: _____

Date: _____

Time: _____

Location: _____

Phone: _____

Appointment:

Name: _____

Date: _____

Time: _____

Location: _____

Phone: _____

Appointment:

Name: _____

Date: _____

Time: _____

Location: _____

Phone: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____



Name: _____

Purpose:

Dosage: _____

How Often: _____

Notes:



Notes:



“Courage doesn’t always roar.

Sometimes courage is the little voice

at the end of the day that says

I’ll try again tomorrow.”

- *Mary Anne Radmacher*

Thank you for choosing
Shepherd Center



HOPE is HERE



Shepherd
Center