

About this Course

Audience

This course is designed for OTs, OTAs, and others as an introductory level course; however, all levels of experience are welcome as are all areas of practice.

Take the course on your own time!

Participants have 7 days to complete a course once receiving access.

Prerequisite

The Introduction to Lifestyle Redesign[®] is a prerequisite to the other courses in the Life Management Series, and must be completed first.

CEU Credit

Participants must complete a post test and course evaluation in order to receive a certificate of completion. Certificates are sent after the course materials are returned. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

System Requirements

Courses are presented online using Mediasite technology. To be able to view the course, you'll need to use a computer that meets certain requirements. You can test whether your computer meets the Mediasite viewing requirements at the Mediasite website: <https://support.sonicfoundry.com/Training/ViewingRequirements>

For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

About the Presenter

Tracy Jalaba, OTD, OTR/L

completed her doctoral residency at the USC Occupational Therapy Faculty Practice, where she focused on expanding and improving the Lifestyle Redesign program for adults and adolescents with autism spectrum disorders (ASD). As a clinical faculty member, Dr. Jalaba continues to work with clients in a variety of programs at OTFP with an emphasis on clients in the mental health, college student and ASD Lifestyle Redesign programs. Additionally, Dr. Jalaba works as a team member and clinician representing occupational therapy at USC Disability Services & Programs.



USC Chan Division
of Occupational Science
and Occupational Therapy



The assignment of AOTA CEUS does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

AOTA Classification Codes: Autism;
Performance Skills; Routines

.3 CEUs (3 contact hours)

USC Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

1540 Alcazar St., CHP 133 Los Angeles, CA 90089-9003

323.442.2850 Fax: 323.442.1540 chan.usc.edu
otconted@usc.edu

Life Management Series

Lifestyle Redesign[®] for Individuals with Autism Spectrum Disorders

Available Distance Learning

Course Description

This course provides you with an understanding of the factors contributing to the increased risk for development of chronic health conditions, and how to implement an occupational therapy intervention for prevention and management of these conditions, in adults and adolescents with Autism Spectrum Disorders (ASD). Detailed intervention materials and case studies to use in conjunction with the Introduction to Lifestyle Redesign® methodology course will be provided.

Learning Objectives

Participants will:

- Discuss health and wellness trends for adults and adolescents with ASD
- Identify specific challenges and barriers that may contribute to the development of chronic conditions in individuals with ASD
- Define the role of occupation in management of chronic conditions and understand the impact of these conditions on quality of life for individuals with ASD
- Identify strategies to facilitate the incorporation of health-promoting habits and routines for adults and adolescents with ASD
- Explain the following topics and integrate this knowledge into treatment with this population: physical activity, eating patterns, stress and anxiety management, leisure participation, sleep hygiene, community integration (employment and education), financial management, and social engagement
- Design occupational therapy lifestyle interventions for adults and adolescents with ASD
- Analyze relevant documentation, billing, and reimbursement issues when treating this population

Program Content

- General overview of the lifestyle management approach to wellness and health promotion
- Discussion of mental and physical health trends in individuals with ASD, including increased risk for chronic health conditions
- Barriers, facilitators and Lifestyle Redesign® treatment interventions for adults and adolescents with ASD in the following areas: Physical Activity, Diet and Nutrition, Stress and Anxiety Management, Leisure Participation
- Barriers, facilitators and Lifestyle Redesign® treatment interventions for adults and adolescents with ASD in the following areas: Sleep, Community Integration, Financial Management, Social Engagement
- Documentation, Billing, and Reimbursement
- Case Studies



Other courses in the Life Management Series:

- ♦ Weight Management, Diabetes and Related Co-morbid Conditions
- ♦ Lifestyle Redesign® for Chronic Pain and Headache Management
 - ♦ Biopsychosocial Dimensions of Creating Life Balance
- ♦ Lifestyle Redesign® for Individuals with Multiple Sclerosis

Registration

Register on-line at <https://uscot.regfox.com/lifestyle-redesign-for-individuals-with-autism-spectrum-disorders> or complete this form.

Name: _____

Title: _____

Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____

Phone: _____

AOTA #: _____ Chan Alumni

Fees and Discounts

\$90 (regular) or \$80 for AOTA members and USC Chan OSOT alumni.

To pay by check:

Make check payable to **USC Chan OSOT** and mail to:
Jackie Mardirossian, USC Chan OSOT, 1540 Alcazar St., CHP 133, Los Angeles, CA 90089-9003.

To pay by credit card:

MasterCard Visa

Total Amount: _____

Card #: _____

Expiration: _____

CVV Code: _____

Signature: _____

Mail to the address above or fax to (323) 442-1540, attn.: Jackie Mardirossian.

You will receive an email confirmation upon



For additional information go to chan.usc.edu/academics/continuing-education/life-management-series

Lifestyle Redesign® for Autism Spectrum Disorder