

About this Course

Prerequisite

The Introduction to Lifestyle Redesign[®] is a prerequisite to the other courses in the Life Management Series.

Schedule

Sign-in begins 30 minutes before the start of the course (8:30 am sign in, 9:00 am course).

Breaks

There is a 15 minute break during the course.

CEU Credit

Participants must sign in and out. Participants must complete a learning outcomes and course evaluation in order to receive a certificate of completion. Certificates will be available at the end of the course. Participants not fulfilling these requirements will not receive a certificate. Keep a copy of the brochure and certificate for your records.

Cancellation Policy

A refund, less \$50 administrative fee, will be made if a cancellation notice is received 10 business days prior to the first course date. Cancellation by instructors will result in full refund.

Special Needs Requests

If you require ADA accommodations, please contact us at (323) 442-2811 at least two weeks before the course date for arrangements.

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



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.



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

December 8, 2017

University of Southern California
Health Sciences Campus
Center for Health Professions
1540 Alcazar St., Room 106
Los Angeles, CA 90089

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

Agenda

- 9:00** Introductions; General overview of the lifestyle management approach to wellness and health promotion
- 9:15** Discussion of mental and physical health trends in individuals with ASD, including increased risk for chronic health conditions
- 9:45** 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
- 10:25** Break
- 10:40** Barriers, facilitators and Lifestyle Redesign® treatment interventions for adults and adolescents with ASD in the following areas: Sleep, Community Integration, Financial Management, Social Engagement
- 11:20** Documentation, Billing, and Reimbursement
- 11:40** 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

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.

Ways to Register

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 receipt of registration.

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

Lifestyle Redesign® for Autism Spectrum Disorder