

## 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<sup>®</sup> 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](http://chan.usc.edu/academics/continuing-education/life-management-series)

## About the Presenters

**Ashley Uyeshiro Simon OTD, OTR/L, MSCS** practices Lifestyle Redesign<sup>®</sup> at the USC OT Faculty Practice, and works predominantly with clients in the Pain



Management, Chronic Headaches, Multiple Sclerosis, Parkinson's disease and Ergonomics Programs. She is a National MS Society Partner in MS Care, and a Multiple Sclerosis Certified Specialist. She also teaches a course on MS, as well as a course on self-care for undergraduate students. Dr. Uyeshiro Simon is the Quality Improvement Coordinator for the Faculty Practice. She is a Faculty in Residence at USC, and has an interest in animal-assisted therapy for mental and physical health.



**Rebecca Cunningham OTD, OTR/L**, practices Lifestyle Redesign<sup>®</sup> at the USC OT Faculty Practice, where she works primarily with clients in the Multiple Sclerosis, Chronic Pain and Headaches, and Mental Health programs. She

is a member of the USC Multiple Sclerosis multidisciplinary team, ACOTE Educational Standards Review Committee, and OTAC Political Action Committee. Dr. Cunningham received her Doctorate of Occupational Therapy in 2016 and MA degree in 2015 from USC, and holds a BA degree in psychology from the University of California, San Diego.

**.3 CEUs (3 contact hours)**

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**USC Chan Division**  
of Occupational Science  
and Occupational Therapy



## Life Management Series

## Lifestyle Redesign<sup>®</sup> for Individuals with Multiple Sclerosis

**Available Distance Learning**

## Course Description

Multiple Sclerosis (MS) is the leading cause of non-traumatic neurologic disability in young adults in the United States and Europe. This course provides background and training in Lifestyle Redesign® occupational therapy interventions for persons living with MS, so that practitioners can empower their clients with self-management strategies for daily life.

## Learning Objectives

### Participants will:

- Define the neurological basis, prevalence, and occupational impact of MS, including different clinical presentations
- Describe the different areas for intervention for people with MS, along with evidence-based reasoning for each area: energy conservation and fatigue management, stress management, healthy eating routines, exercise patterns, home safety, body mechanics, cognitive strategies, bowel/bladder management, and sexual function
- Explain strategies to help patients implement these behavioral techniques into a daily routine
- Create plans of care that incorporate lifestyle intervention goals
- Identify commonly used clinical outcome assessments to use for people with MS
- Discuss relevant documentation, billing, and reimbursement issues when treating this population
- Apply this knowledge to clinical case

## Program Content

- Overview of Multiple Sclerosis, symptoms, and functional Limitations
- Introduction to Lifestyle Redesign® for Multiple Sclerosis; OT evaluation and treatment goals
- Lifestyle Redesign® treatment interventions for Multiple Sclerosis—Part I
- Lifestyle Redesign® treatment interventions for Multiple Sclerosis – Part II
- 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 Autism Spectrum Disorder

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

AOTA Classification Codes: Health& Wellness; Multiple Sclerosis; Routines



## Registration

Register on-line at <https://uscot.regfox.com/lifestyle-redesign-for-individuals-with-multiple-sclerosis> 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 Mardrossian, 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 Mardrossian.

You will receive an email confirmation upon receipt of registration.



For additional information go to [chan.usc.edu/academics/continuing-education/life-management-series](http://chan.usc.edu/academics/continuing-education/life-management-series)

Lifestyle Redesign® for Multiple Sclerosis