Testimonials

“My OT was consistent with the program, and kept me on task. She remembered my specific issues and past experiences and made it more personal.”

“I learned an enormous amount of life-changing information in an atmosphere of acceptance, humor, and professionalism.”

“I was surprised that by making small changes consistently I could achieve big results.”
What is Lifestyle Redesign®?
Our occupational therapists use Lifestyle Redesign® to help people manage daily life more effectively by creating health promoting habits and routines.

How much time will this take?
Sessions are typically held one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?
We will perform a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply. You may need a referral.
Private pay options are available.

We can help you:
- Develop health promoting habits and routines
- Improve social participation and communication skills
- Implement strategies to cope with stress and anxiety
- Utilize adaptive sensory strategies in multiple contexts
- Create transition plans for different settings and life phases
- Increase community integration and participation
- Improve time management and organization
- Accept and cope with the diagnosis through self-advocacy
- Set and work towards personal goals

So how do I sign up?
Phone
323-442-3340
Email
otfp@med.usc.edu

Locations
Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90033

University Park Campus
Engemann Student Health Center
1031 W. 34th Street, Suite 452
Los Angeles, CA 90089

Telehealth
Sessions also available online.
Please inquire if interested.

For more information, visit our website:
chan.usc.edu/otfp