Testimonials

“My OT was firm but understanding and truly was able to help me see how I could make lifestyle changes that would reduce my pain and enhance my quality of life! This has truly changed my life. I feel like a new person! Thank you!”

“Working with my OT is incredibly personal and the plan for each individual is very individualized. In Occupational therapy, I’ve learned to conserve my energy and do things differently than I did before — to make different choices.”

“I was surprised that by making small changes consistently I could achieve big results.”

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340  |  Fax: 323-442-3351
chan.usc.edu/otfp  |  otfp@med.usc.edu

Building better lives through LIFESTYLE REDESIGN®
What is Lifestyle Redesign®?

Our occupational therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

How much time will this take?

Sessions are typically held for 30-60 minutes, 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 can do 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 also available.

We can help you:

- Identify and manage headache triggers
- Create a balanced lifestyle and acquire new healthy habits and routines
- Recognize signs and successfully manage stress
- Identify dietary triggers and keep a regular eating pattern
- Create an ergonomic workspace, car, and home
- Implement energy conservation and pacing techniques
- Establish an exercise routine
- Learn assertive communication strategies
- Modify the environment to address sensory needs

So how do I sign up?

Phone 323-442-3340

Email otp@med.usc.edu

Locations

Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90089

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