Testimonials:

“Thank you so much for making this one of the best things I have done for myself since my diagnosis!”

“She gave me great suggestions on how to deal with my struggles and allowed me to express how I felt every step of the way.”

“The USC occupational therapists are excellent. I have recommended the program many times to friends and family.”

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | Fax: 323-442-3351
chan.usc.edu/otfp | otpf@med.usc.edu
**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 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:**
- Learn strategies to stay cool, conserve energy, and manage fatigue
- Manage stress and anxiety
- Improve home safety and functionality
- Manage cognitive changes and improve organization
- Incorporate physical activity into weekly routine
- Develop healthy eating routines
- Create a restorative sleep routine
- Manage bladder and bowel difficulties
- Improve management of pain
- Increase participation in community activities

**So how do I sign up?**
- **Phone**
  - 323-442-3340
- **Email**
  - otpf@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