

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.”



Building better lives through
LIFESTYLE REDESIGN®

Lifestyle Redesign®
for

**Autism Spectrum
Disorder**



USC Occupational Therapy Faculty Practice

Tel: 323-442-3340 | Fax: 323-442-3351

chan.usc.edu/otfp | otfp@med.usc.edu

USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

USC Occupational Therapy Faculty Practice

Tel: 323-442-3340 | chan.usc.edu/otfp

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**