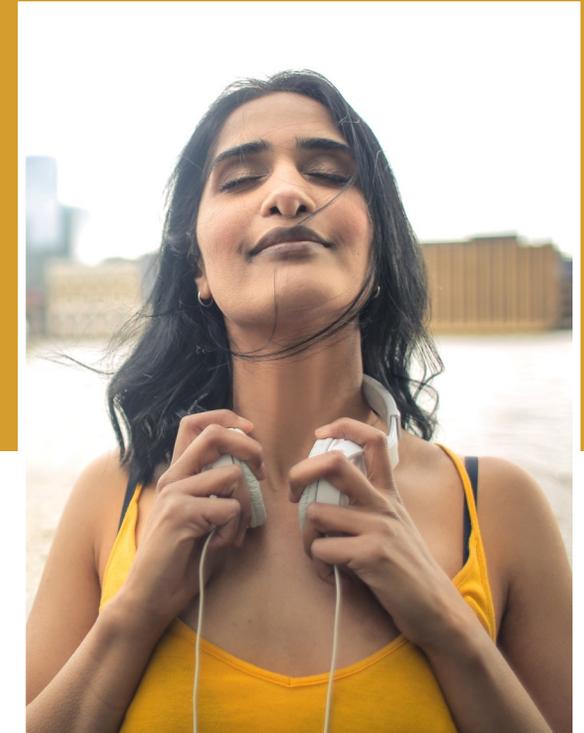


Lifestyle Redesign®

for

Multiple Sclerosis



Building better lives through
LIFESTYLE REDESIGN®

USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

USC Occupational Therapy Faculty Practice

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

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 | otfp@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

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**