

Testimonials

“I have been extremely satisfied with the information and training received by my occupational therapist”

“Working with my OT is personal and individualized. In Occupational Therapy, I’ve learned to conserve my energy and do things differently than I did before—to make different choices.”

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



Lifestyle Redesign®

for

Oncology

Building better lives through
LIFESTYLE REDESIGN®



USC Occupational Therapy Faculty Practice

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

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USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

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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:

- Integrate post-surgical precautions into daily routines
- Understand and incorporate adaptive equipment to support engagement
- Implement energy conservation and pacing techniques
- Identify pain triggers and pain management strategies
- Optimize participation after surgery
- Manage treatment side-effects
- Develop healthy eating routines
- Engage in physical activity
- Manage stress, anxiety, and depression
- Create a restorative sleep routine
- Plan ahead to manage time effectively
- Engage in meaningful activities
- Enhance overall well-being



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:**

www.usc.edu/otfp