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.”

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

So how do I sign up?
1. Phone
   323-442-3340

2. Email
   otpf@med.usc.edu

3. In-Person
   Health Sciences Campus
   HRA Building
   1640 Marengo Street, Suite 500
   Los Angeles, CA 90033-9265

   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, restrictions may apply.

For more information, visit our website:
chan.usc.edu/otfp