

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.”



Lifestyle Redesign[®] *for*

Parkinson's Disease

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



USC is a
Parkinson's Foundation
Center of Excellence

USC 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:

- * Create sleep routines to improve insomnia
- * Learn strategies to conserve energy & manage fatigue
- * Manage stress, anxiety, & depression
- * Improve home safety
- * Establish a regular exercise routine
- * Increase community and social activities
- * Learn body mechanic techniques
- * Develop healthy eating routines
- * Improve functioning in activities of daily life
- * Manage bladder or bowel difficulties
- * Manage cognitive changes
- * Cope with chronic pain



So how do I sign up?

1

Phone

323-442-3340

2

Email

otfp@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