



Lifestyle Redesign®

FOR AUTISM SPECTRUM DISORDER

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

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
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How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. 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 apply.

Find out more at chan.usc.edu/otfp

For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.

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