



# Lifestyle Redesign®

## FOR EPILEPSY

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

### **We can help you:**

- Identify and manage seizure triggers
  - Recognize and manage stress, anxiety, and depression
  - Develop and maintain a restorative sleep routine
  - Improve medication management routines
  - Improve time management and organization
  - Practice assertive communication techniques
  - Implement pacing and energy conservation strategies
  - Increase participation in community activities
  - Create a balance of productivity, rest, and play
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#### **How much time will this take?**

Sessions are typically held for one hour, 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.

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**Find out more at [chan.usc.edu/otfp](http://chan.usc.edu/otfp)**

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

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