



Lifestyle Redesign®

FOR GENDER AFFIRMATION

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

We can help you:

- Build skills for self-advocacy and make decisions about disclosure
- Manage stress, anxiety, dysphoria, or other mental health concerns
- Address social, dating, or intimacy anxiety
- Develop safe, meaningful routines around grooming, hygiene, and dressing
- Safely engage in gender-affirming activities (e.g., tucking, binding, and/or use of prosthetics) and thus prevent certain infections or injury
- Integrate post-surgical precautions, if you have chosen to undergo gender-confirming surgery
- Learn strategies to manage chronic conditions
- Create health-promoting routines to support restorative sleep, healthy eating, and physical activity

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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