



Lifestyle Redesign®

FOR MCAS AND DYSAUTONOMIA

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 symptom triggers
- Manage medications and side-effects
- Implement activity pacing & energy conservation techniques
- Manage stress and anxiety
- Manage "brain fog" and improve focus
- Implement exercise routines that do not exacerbate symptoms
- Identify dietary triggers and develop healthy eating routines
- Create a restorative sleep routine
- Improve management of pain, including headaches and migraines
- Increase participation in meaningful activities

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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