



Lifestyle Redesign®

FOR MULTIPLE SCLEROSIS

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

We can help you:

- Learn strategies to stay cool, conserve energy, and manage fatigue
- Improve home safety and functionality
- Manage cognitive changes and improve organization
- Manage stress and anxiety
- Incorporate physical activity into weekly routine
- Develop healthy eating routines
- Create a restorative sleep routine
- Manage bladder and bowel difficulties
- Improve management of pain
- Increase participation in community 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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