Lifestyle Redesign®
FOR NEUROLOGICAL DISORDERS

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 to conserve energy and pace activities to manage fatigue
- Recognize and manage stress, anxiety, and depression
- Create a restorative sleep routine to improve your energy
- Learn and integrate techniques to manage cognitive changes
- Develop self-monitoring routines to increase awareness of your symptoms and sustain lifestyle changes
- Analyze your living spaces to minimize the risk of falling
- Learn to use equipment for managing physical limitations and improving participation in daily activities
- Develop sustainable routines around physical activity, eating, and fluid intake

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 otpf@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.