



Lifestyle Redesign®

FOR ONCOLOGY

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

We can help you:

- Integrate post-surgical precautions into daily routines
- Implement energy conservation and pacing techniques
- Identify pain triggers and pain management strategies
- Manage treatment side-effects
- Develop healthy eating and physical activity routines
- Manage stress, anxiety, and depression
- Create a restorative sleep routine
- Plan ahead to manage time effectively
- Engage in meaningful activities
- Enhance overall well-being

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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