



Lifestyle Redesign[®]

FOR PARKINSON'S DISEASE

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 conserve energy and manage fatigue
- Identify effective strategies to address fine motor challenges
- Improve safety in the home and community
- Manage stress, anxiety, and depression
- Create sleep routines to improve insomnia
- Develop healthy eating and physical activity routines
- Increase community and social activities
- Improve functioning in activities of daily life
- Manage bladder, bowel, sexual function, and intimacy difficulties
- Manage cognitive changes and chronic pain

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.

USC Mrs. T.H. Chan
Division of Occupational Science
and Occupational Therapy