



USC Occupational Therapy Faculty Practice and Lifestyle Redesign[®] Services

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New Student Orientation

August 30, 2022

Occupational Therapy Faculty Practice





Lifestyle Redesign[®]

“The process of acquiring health-promoting habits and routines in daily life” (Clark et al., 1997)





Occupational Therapy Faculty Practice

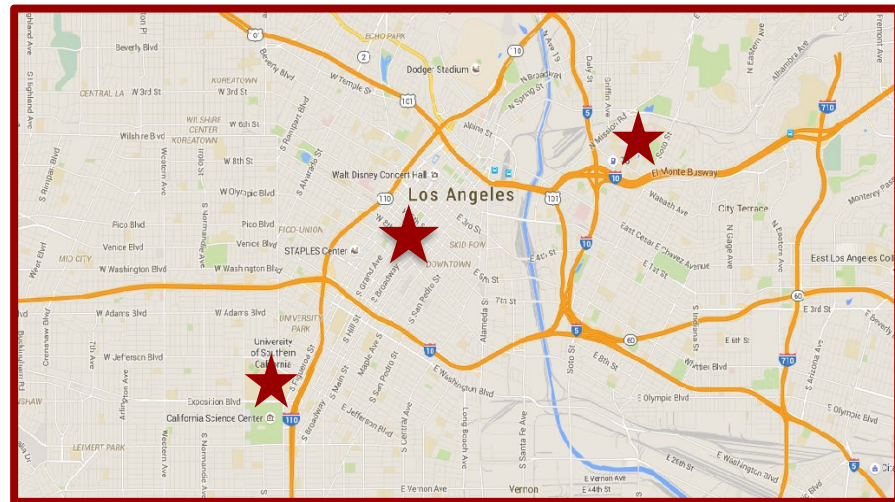
Locations

Health Sciences
Campus

University Park Campus

Doctors of USC
Downtown

Telehealth





Service Areas

Autism Spectrum Disorder
Chronic Headaches
College Students
Diabetes Management
Epilepsy
Ergonomics
Gender Affirmation
Hand and Upper Extremity
Health Coaching
Hypertension

MCAS and Dysautonomia
Mental Health
Multiple Sclerosis
Neurological Conditions
Oncology
Pain Management
Parkinson's Disease
Pelvic Floor
Smoking Cessation
Weight Management



Session Topics

Sleep	Healthy coping	Time management	Exercise routines
Healthy eating routines	Energy mgmt.	Communication & self-advocacy	Ergonomics
Meaningful leisure	Restorative activity participation	Self-monitoring routines	Medication mgmt. routines



Ongoing Services

Individual sessions

- Evaluation
- OT Sessions, 1x per week or biweekly

Ergonomic evaluations

College student consultations

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Format and
Cost

Individual Sessions

Aetna Student Health, \$15 co-
payment

Insurance and private pay options



Student Consultations

- Free 15-20 minute consult with an OT
- Sign-in to student health portal
- Select appointments tab
- Select “Medical (telemedicine and in-person)”
- Select “Occupational Therapy (telemedicine and in-person)”
- Select preferred time

Lifestyle Redesign[®]
for College Students

At the Engemann Student Health Center

What is Lifestyle Redesign[®]
Our certified and licensed occupational therapists will **help students create health-promoting habits and routines**, to better manage their lives.

What we can help you with:

- Stress and anxiety management
- Time management & procrastination prevention
- Organization
- Focus strategies & study skills
- Adjusting to campus life
- Social and dating anxiety
- Regular physical activity
- Healthy sleep habits
- Lifestyle balance
- Headaches
- Weight management

Brought to you by
the USC Occupational Therapy Faculty Practice
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Talk to your physician today about how to schedule a **free 20 minute consult** or **sign-up online at: usc.edu/myshr**

Contact Information



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Thank You!