Lifestyle Redesign®: Current Applications in an Outpatient Clinic

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Develop action plans to improve life satisfaction and fulfill life goals.

Create a balance between productivity, rest, and leisure.

**Headache Measures:**
- Successfully manage stress and explore relaxation techniques to prevent headaches.
- Identify and manage headache triggers.

Increase understanding of diabetes and chronic conditions caused by diabetes.

Our therapists are Lifestyle Redesign® specialists and offer the ultimate in customization for each consultation or therapy session. Lifestyle change is a complex, comprehensive process and takes time and consistency, therefore our treatment approach is often structured for long-term inter-action.

One of the keys to Lifestyle Redesign® is the partnership between the client and the OT.

The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign®, an intervention approach to chronic disease prevention and management developed by the USC Division of Occupational Science and Occupational Therapy.

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Lifestyle Redesign® is the process of incorporating health-promoting habits and routines into one’s daily life (Clark et al., 1997).

Outcome measures are assessed at the initial evaluation and reassessed at the end of treatment.

**References**