Lifestyle Redesign®: Current Applications in an Outpatient Clinic

Camille Dieterle
*University of Southern California*

Karen McCarthy
*University of Southern California*

Susan McNulty
*University of Southern California*

Chantelle Rice
*University of Southern California*

Survey: Let us know how this paper benefits you.
Follow this and additional works at: [https://scholar.dominican.edu/all-faculty](https://scholar.dominican.edu/all-faculty)

Part of the [Occupational Therapy Commons](https://scholar.dominican.edu/all-faculty)

**Recommended Citation**

Dieterle, Camille; McCarthy, Karen; McNulty, Susan; and Rice, Chantelle, "Lifestyle Redesign®: Current Applications in an Outpatient Clinic" (2011). Collected Faculty and Staff Scholarship. 250.

[https://scholar.dominican.edu/all-faculty/250](https://scholar.dominican.edu/all-faculty/250)

This Presentation is brought to you for free and open access by the Faculty and Staff Scholarship at Dominican Scholar. It has been accepted for inclusion in Collected Faculty and Staff Scholarship by an authorized administrator of Dominican Scholar.

For more information, please contact michael.pujals@dominican.edu.
The purpose of this presentation is to provide clients with a comprehensive approach to chronic disease prevention and management. The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign® (Clark et al., 1997). These programs are designed to help clients create and achieve personal, health, and professional goals.

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

The USC Occupational Therapy Faculty Practice offers several programs in Lifestyle Redesign®, an inclusive approach to chronic disease prevention and management. (Clark et al., 1997).

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 intervention.

One of the keys to Lifestyle Redesign® is the partnership between the client and therapist. The USC Occupational Therapy Faculty Practice creates Lifestyle Redesign® interventions for groups or individuals to meet the needs of the USC Academic Medical Center and beyond.

**Purpose**

- **Lifestyle Redesign®** is the process of incorporating health-promoting habits and routines into one's daily life. (Clark et al., 1997).
- **Ones the keys to Lifestyle Redesign® is the partnership between the client and the therapist.**

In the Lifestyle Redesign® approach to health, the client does not just passively accept a prescription or checklist of things to do. The client is active: engaged in shaping habits and routines, choosing preferred activities, planning a schedule that fits, and agreeing to make changes they can live with, both literally and figuratively.

**Lifestyle Redesign® for the College Student**

Clients develop healthy habits to support remission and instill a greater sense of well-being. Clients:

- Increase engagement in functional and meaningful activities
- Create routines of physical activity, sleep, and healthy eating
- Create a balance between productivity, rest, and leisure

**Lifestyle Redesign® for Multiple Sclerosis, Parkinson’s, and Other Movement Disorders**

Clients incorporate healthy routines and habits that increase participation and engagement meaningful and functional activity despite challenges with Multiple Sclerosis, Parkinson’s, and other movement disorders. Clients:

- Manage stress and learn relaxation techniques
- Incorporate ergonomics and safety in their environment
- Utilize energy conservation and pacing techniques
- Increase healthy eating and physical activity routines

**References**