



Making Healthy Habits Stick: OT Lifestyle Redesign® Informed Programs Workshop

Saturday, Aug. 10, 2019

Individuals with multiple chronic conditions must learn to manage their care while balancing their daily activities. OT Lifestyle Redesign® informed interventions usher clients through this process. In this workshop, participants will learn the principles of Lifestyle Redesign® and acquire tools to instill healthful routines and habits.

How do we motivate individuals with chronic pain to get out of bed? How do we guide clients in activities that are joyful and meaningful? How can clients with complex medical conditions learn to manage their care most effectively? In this workshop we will address such questions and more.

This workshop will provide the participants with some hands on practice. Through guided activities, participants will learn how to empower clients to play an active role in promoting their personal health and well-being.

PDU's offered: 6

OBJECTIVES:

At the end of the workshop the participant will be able to:

1. Describe the efficacy of Occupational Therapy Lifestyle Redesign® (LR) informed interventions in addressing chronic complex medical conditions.
2. Identify optimal client factors that influence LR outcomes.
3. Identify the unique characteristics of LR informed interventions, LR key ingredients, and how LR complements traditional OT.
4. List LR evaluation and intervention tools.
5. Demonstrate beginning skills in the art of embedding a new healthful activity throughout the day using principles of LR.
6. Demonstrate knowledge of LR documentation and service reimbursement.

SCHEDULE

8:00 – 8:30 Registration and light breakfast (provided by Rancho)

8:30 – 9:30 Introduction, history, evidence, key ingredients, how LR complements traditional OT, readiness to change

9:30 – 10:00 Practice session

10:00 – 10:15 Break

10:15 – 12:00 Evaluation, interventions, follow up

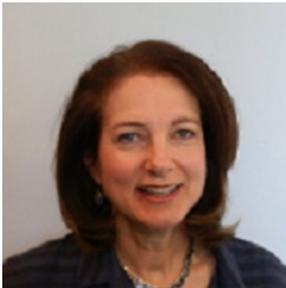
12:00 – 1:00 Lunch (provided by Rancho)

1:00 – 2:45 Intervention tools, documentation, reimbursement

2:45 – 3:00 Break

3:00 – 3:30 Panel discussion

3:30 – 4:00 Questions, wrap up, evaluation



Michal Atkins, MA, OTR/L is an Occupational Therapy Clinical Specialist with 40 years of experience. She has worked at Rancho Los Amigos National Rehabilitation Center (RLANRC) for the past 36 years and has specialized in the care of people with severe neurological conditions such as spinal cord injury, stroke and Multiple Sclerosis. Ms. Atkins has extensive experience in teaching nationally and internationally. She has been involved in research projects and publications partly with the USC Chan Division of Occupational Science and Occupational Therapy and with the Rancho Research Institute. For the past 7 years, Ms. Atkins has dedicated her time to co-leading the OT Lifestyle Redesign[®] informed programs at RLANRC, developing programs, treating clients, and teaching.



Rebecca Cunningham, OTD, OTR/L received her master's and clinical doctorate of occupational therapy at USC. As a clinical faculty member at the USC Occupational Therapy Faculty Practice, Dr. Cunningham provides Lifestyle Redesign[®] interventions to individuals living with chronic conditions including Multiple Sclerosis, Parkinson's Disease, epilepsy, and other functional neurological conditions. She teaches the Optimal Living with MS elective for students in the entry-level master's program, and is a member of the USC Multiple Sclerosis multidisciplinary team.



Stephanie Yang, MA, OTR/L is an occupational therapist with 11 years of experience. She has worked at RLANRC for the past 10 years in both the inpatient and outpatient setting, specializing in the care of individuals with severe neurological conditions such as spinal cord injury, stroke and brain injury. She currently provides Lifestyle Redesign[®] informed interventions at RLANRC for chronic pain, diabetes, weight, and stroke management.