

What is Lifestyle Redesign®?



Lifestyle Redesign® is the process of adding healthy habits into your daily life.

After an illness or injury, you might need to create new routines to help you live a healthy life every day.

Healthy habits can include eating healthy, exercising safely, managing stress, and many other things.

How to Join Us:

- Ask your physician for a referral
- Have reliable transportation
- Commit to a 12-week program



For more information please contact:

Occupational Therapy
Outpatient Services
Outpatient Building (OPB)
Phone (562) 385-6847
Email: lifestyle@rancho.org

**Rancho Los Amigos National
Rehabilitation Center**
7601 Imperial Highway
Downey, CA 90242

If you suspect fraud or wrongdoing by a County employee, please report it to the County Fraud Hotline at (800) 544-6861 or www.lacountyfraud.org. You may remain anonymous.

Healthy Habits Every Day



Occupational Therapy
informed by

Lifestyle Redesign®



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER



What You Will Do:

Look at the things you do in your life every day.

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Make goals to add healthy habits and joyful activities into your daily life.

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Practice new habits and learn to handle any challenges.

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Participate in both group and individual therapy.

Our Programs:

STROKE

- Managing and preventing stroke
- Participating in physical activity
- Learning about topics such as medication and stress management

CHRONIC PAIN

- Learning about the pain cycle
- Learning techniques for pain reduction
- Practicing energy conservation and pacing
- Participating in meaningful activities

DIABETES

- Learning about diabetes and diabetes self- management
- Making healthier food choices
- Participating in physical activity
- Managing blood sugar

SPINAL CORD INJURY

- Managing spinal cord injury to live long and healthy
- Learning about topics such as preventing pressure sores, bone loss and diabetes
- Participating in physical activity

ARTHRITIS

- Managing pain and fatigue
- Participating in physical activity safely
- Learning to protect joints, conserve energy, and simplify tasks
- Learning about resources and equipment

Our Programs

(Continued):

EPILEPSY

- Managing epilepsy successfully
- Living safely and independently
- Creating balance in daily life
- Exploring productive activities

CARDIAC REHAB

- Incorporating pacing, relaxation, and work simplification in daily life
- Increasing endurance and capacity
- Making healthier food choices
- Learning symptoms of cardiac distress

WEIGHT MANAGEMENT

- Making healthier food choices
- Participating in physical activity
- Learning about topics such as breathing, stress reduction, and sleep

Testimonials:

"I liked the camaraderie and meeting new people and understanding each other. It's not like other classes that I go to. This is the best one because we actually have fun and do things like bowling and cooking." – Sal

"We talked about ingredients and the stuff we need to prepare before we start cooking. We looked at tables to see what's in our food like how much fat, salt, and calories. I went to pick up some nutritional brochures from Burger King and shared it with my family." – Leatrice