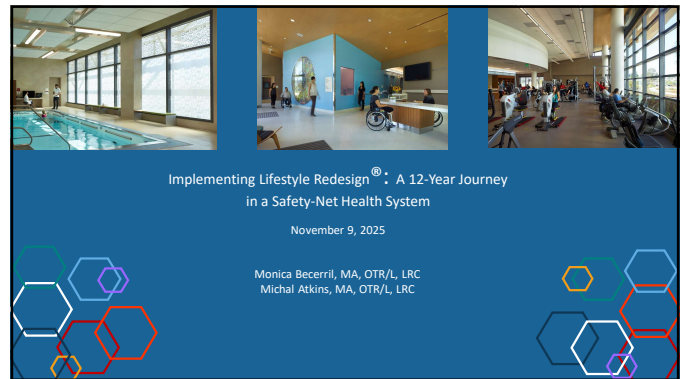




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2

Objectives:

- Describe the difference between traditional outpatient OT and OT Lifestyle Redesign® in working with individuals with neurological impairments.
- Explain the role of OT Lifestyle Redesign® interventions in caring for individuals with neurological impairments.
- Identify strategies for treating clients who speak a language other than English.

3

About Los Angeles County Department of Health Services:

- 4 large hospitals (LA General, Olive View-UCLA; Harbor-UCLA; Martin Luther King) and 36 outpatient clinics.
- Provides care to 800,000 patients and clients annually.
- Public institutions servicing MediCare, MediCal (Medicaid)
- Serving many uninsured, underserved populations and some unhoused.

4

About Rancho:

- **Free standing hospital** (Small ICU and acute Med/Sx. care units).
- Admits 4,000 inpatients and more than 70,000 outpatients per year.
- Primary diagnoses seen are CVA, SCI, BI, Other Neurologic, Orthopedics
- Hx. of receiving individuals with complex multiple disabilities.
- Medical Home: Providing lifetime support.
- Consistently ranked one of the top rehab centers by US News and World Report.

5

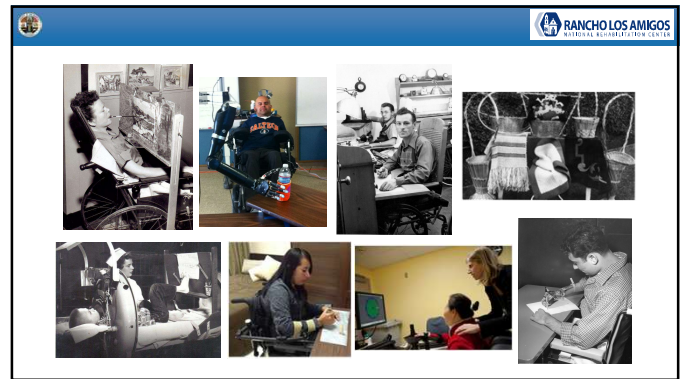
Lifestyle Redesign® History at Rancho:

- USC Chan OS and OT and Rancho OT.
- 2002-2008: "Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury"; National Institute on Disability and Rehabilitation Research; US Department of Education
- 2008-2013: "Lifestyle Redesign for Pressure Ulcer Prevention in Spinal Cord Injury"; NIH/NICHD/NCMRR # 1R01 HD056267-01A1

6



7



8

Lifestyle Redesign® History at Rancho:

- Following the success of USC Chan division of Occupational Science and Occupational Therapy Well Elderly studies
- Long Hx. of collaboration between USC Chan OS and OT and Rancho OT.
- 2002-2008: "Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury"; National Institute on Disability and Rehabilitation Research; US Department of Education
- 2008-2013: "Lifestyle Redesign for Pressure Ulcer Prevention in Spinal Cord Injury"; NIH/NICHD/NCMRR # 1R01 HDO56267-01A1
- 2009- Alison Chu OTR/L OTD designed and implemented a LR redesign program for stroke survivors and Michal Atkins, MA, OTR/L, LRC created a LR program for chronic pain for Rancho pts. and for Rancho's contract with the Long-Beach VA.

9

Lifestyle Redesign® USC-Rancho Pressure Ulcer Prevention in SCI studies:

- USC Chan OS and OT and Rancho OT.
- 2002-2008: "Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury"; National Institute on Disability and Rehabilitation Research; US Department of Education
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10

Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury

1. Perpetual danger: The threat of pressure ulcer never subsides.

Jackson, J., Carlson, M., Rubayi, S., Scott, M. D., Atkins, M. S., Blanche, E. I., ... & Clark, F. A. (2010). Qualitative study of principles pertaining to lifestyle and pressure ulcer risk in adults with spinal cord injury. *Disability and rehabilitation*, 32(7), 567-578.

11

Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury

1. Perpetual danger: The threat of pressure ulcer never subsides.

2. **Life trade-offs: The tension between living a meaningful life and needing to rest the skin.**

Jackson, J., Carlson, M., Rubayi, S., Scott, M. D., Atkins, M. S., Blanche, E. I., ... & Clark, F. A. (2010). Qualitative study of principles pertaining to lifestyle and pressure ulcer risk in adults with spinal cord injury. *Disability and rehabilitation*, 32(7), 567-578.

12

Daily Living Context and Pressure Sores in Consumers with Spinal Cord Injury

1. Perpetual danger: The threat of pressure ulcer never subsides.
2. Life trade-offs: The tension between living a meaningful life and needing to rest the skin.
3. **Prevention awareness and motivation: Long term awareness may deteriorate over time or may not be enough.**

Jackson, J., Carlson, M., Rubayi, S., Scott, M. D., Atkins, M. S., Blanche, E. I., ... & Clark, F. A. (2010). Qualitative study of principles pertaining to lifestyle and pressure ulcer risk in adults with spinal cord injury. *Disability and rehabilitation*, 32(7), 567-578.

13

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14

What is Lifestyle Redesign®?

“The process of developing and infusing healthy occupations into day-to-day occupational routines.” (Mandel et al., 1999).

“An occupational therapy intervention framework that promotes awareness of the relationship between everyday activities and health and guides people in the process of orchestrating occupations, habits, and routines to enhance health and well-being.” (Pyatak et al., 2022).

15

Table 1: Aspects of the Domain of Occupational Therapy from the Occupational Therapy Practice Framework (OTPF) 4th Edition

Occupations	Contexts	Performance Patterns	Performance Skills	Client Factors
Activities of daily living (ADLs) Instrumental activities of daily living (IADLs) Health management Rest and sleep Education Work Play Leisure Social participation	Environmental factors Personal factors	Habits Routines Roles Rituals	Motor skills Process skills Social interaction skills	Values, beliefs, and spirituality Body functions Body structures

16

Table 1: Aspects of the Domain of Occupational Therapy from the Occupational Therapy Practice Framework (OTPF) 4th Edition

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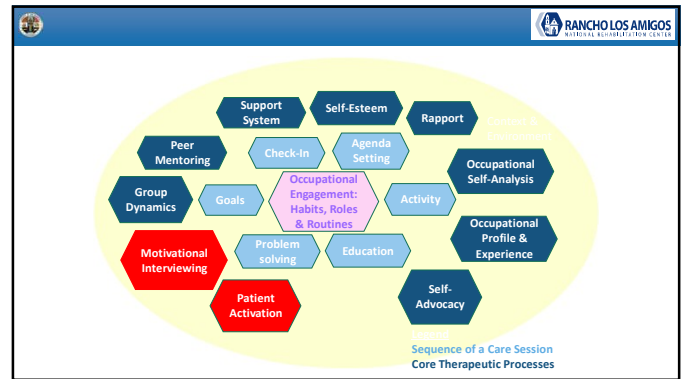
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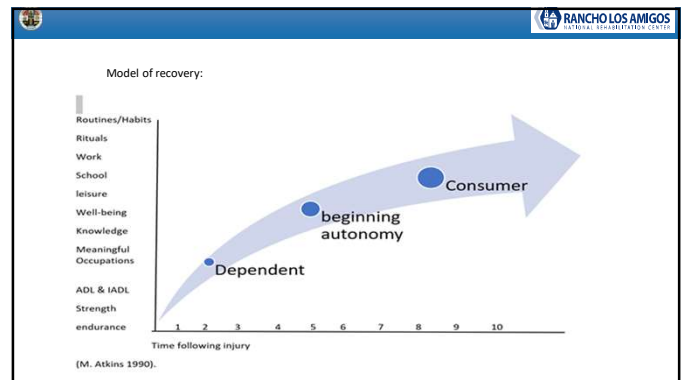
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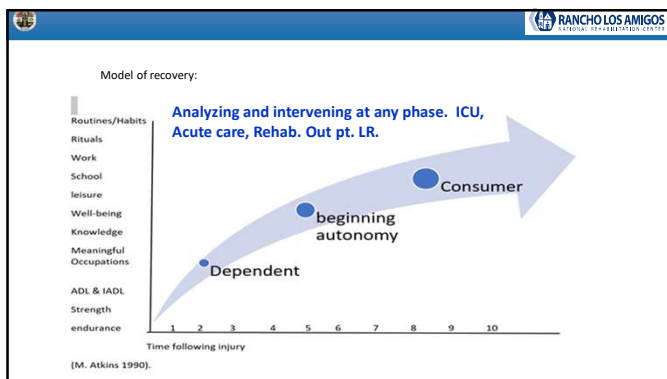
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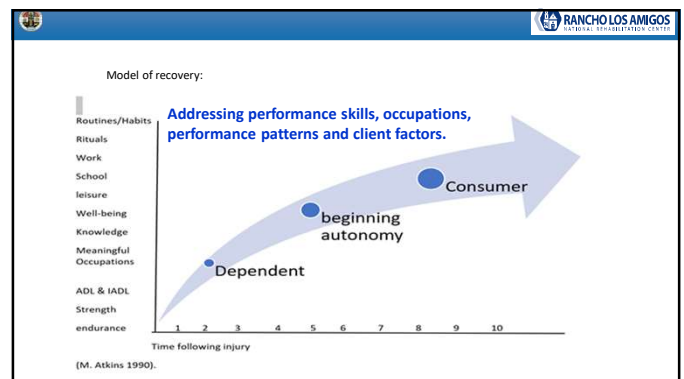
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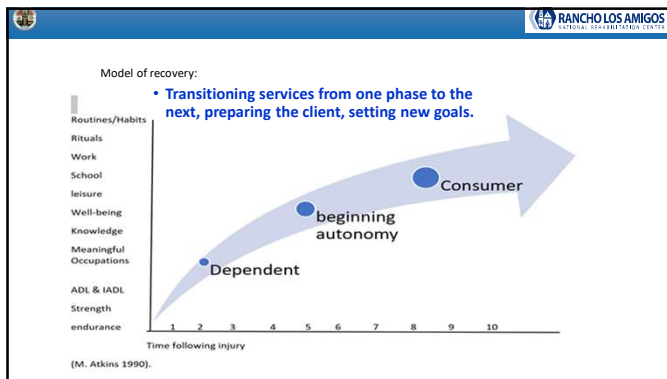
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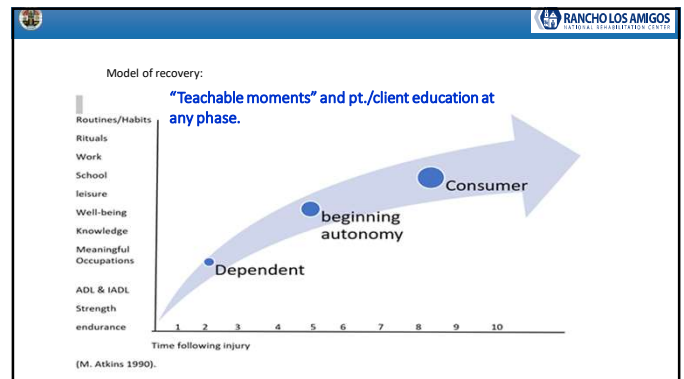
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24



25



26

Lifestyle Redesign[®]

- Requires client's readiness of change
- Use of Motivational interviewing
- **Less hands on**
- **Psych** and Phys. Dys.
- Focus on performance **at home**
- Focus on Health Management
- Use of **modules**
- Use of story making and story telling

A photograph of a therapy room with a table, chairs, and a white bench.

27

Course of treatment goals as indicative of positive change:

Week 1: “I want you to exercise my arms so my arms can work again.”

Week 3: “Give me feedback on the exercises I’m doing at home to maintain my arm strength.”

Week 5: “Learn ways to play with my grandchildren.”

Week 7: “Figure out how to feel less exhausted when I play with my grandchildren.”

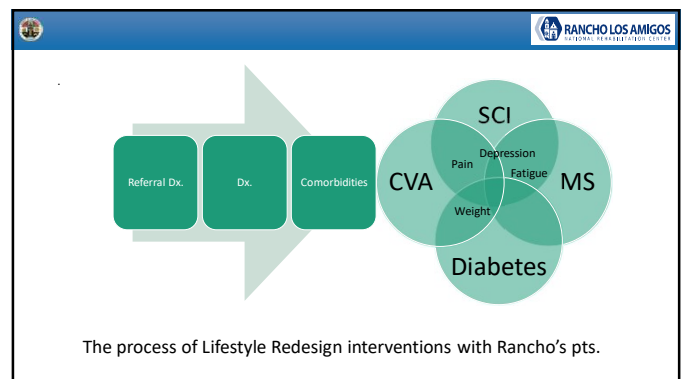
28

LR[®] programs at Rancho:

- Weight management
- Pain
- Stroke
- Diabetes
- Arthritis
- SCI
- Multiple Sclerosis
- Cardiac
- Care givers
- [Epilepsy and TBI]

Two photographs: the top one shows a group of people sitting around a table, and the bottom one shows a person using a yellow resistance band.

29



30

31

The Canadian Occupational Performance Measure						
Goals	Initial			Discharge		
	Importance	Performance	Satisfaction	P	S	
Sleep better	10	2	2	4	4	
Drive with less pain	10	3	3	7	6	
Lose weight	10	2	1	4	5	
Decrease stress	10	4	2	6	6	

32

The average change in performance from initial to discharge is approximately 3.58, and the average change in satisfaction is approximately 4.01.

The first pie chart, titled 'Performance Change Categories', shows the distribution of performance change from baseline to discharge. The categories are: Greater than 2.0 (80.0%), Between 0 and 2.0 (17.5%), and Less than 0 (2.5%).

The second pie chart, titled 'Satisfaction Change Categories', shows the distribution of satisfaction change from baseline to discharge. The categories are: Greater than 2.0 (80.0%), Between 0 and 2.0 (17.5%), and Less than 0 (2.5%).

33

Lifestyle Redesign Dataset (n=123)

Ethnic Distribution

Ethnicity	Percentage
Asian	12.2%
Black	12.2%
English (English/Scottish)	1.6%
English (English/Welsh)	0.8%
Hispanic	63.4%
Other	11.8%

Language

Language	Percentage
English	63.4%
Spanish	33.3%
Other	3.3%

Age

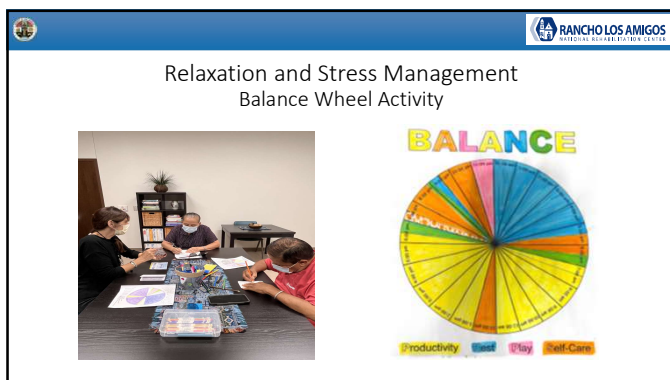
Age Group	Percentage
18-24	11.4%
25-34	24.4%
35-44	24.4%
45-54	24.4%
55+	13.4%



37



38



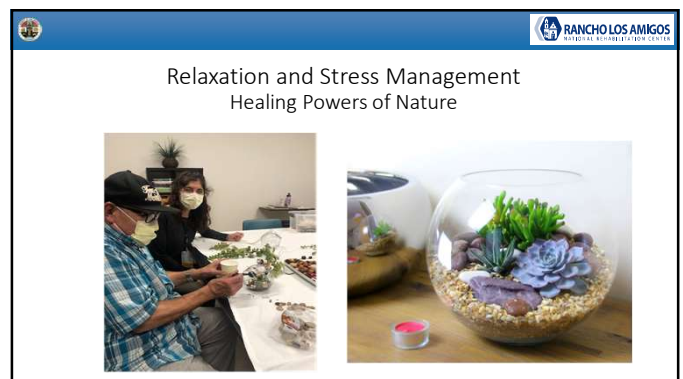
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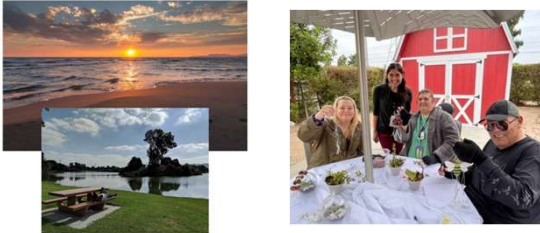
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42

RANCHO LOS AMIGOS
NATIONAL RESTORATION CENTER

Relaxation and Stress Management Healing Powers of Nature



43

RANCHO LOS AMIGOS
NATIONAL RESTORATION CENTER

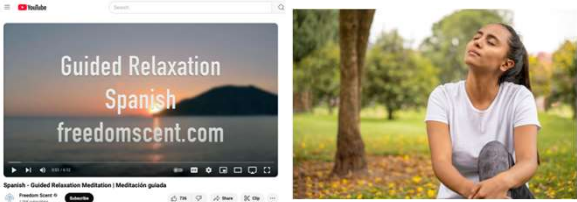
Relaxation and Stress Management Stretching and Meditative Movement in the Rancho Restorative Garden



44

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NATIONAL RESTORATION CENTER

Relaxation and Stress Management



45

RANCHO LOS AMIGOS
NATIONAL RESTORATION CENTER

Relaxation and Stress Management Aromatherapy and Sleep



46

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Relaxation and Stress Management



47

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NATIONAL RESTORATION CENTER

Relaxation and Stress Management Seated Exercise



48

RANCHO LOS AMIGOS
NATIONAL BIOMIMETIC CENTER

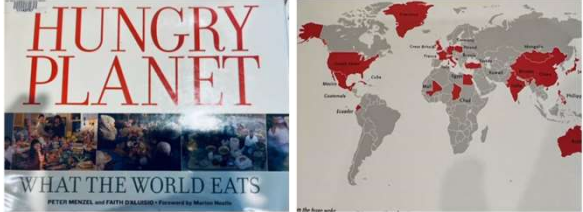
Relaxation and Stress Management



49

RANCHO LOS AMIGOS
NATIONAL BIOMIMETIC CENTER

Healthy Eating



50

RANCHO LOS AMIGOS
NATIONAL BIOMIMETIC CENTER



51

RANCHO LOS AMIGOS
NATIONAL BIOMIMETIC CENTER

Healthy Eating



Mexico Guatemala

52

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NATIONAL BIOMIMETIC CENTER

Healthy Eating



Peru

53

RANCHO LOS AMIGOS
NATIONAL BIOMIMETIC CENTER

Sample Meals People Have Shared



54



Los Angeles County Food Resource Guide

Guía de recursos alimentarios del condado de Los Angeles



Service Planning Area (SPA) 7

Bel, Bellflower, Bell Gardens, Cerritos, City of Commerce, City of Norwalk, Cudahy, East Los Angeles, Hawaiian Gardens, Huntington Park, Industry, Inglewood, Long Beach, Maywood, Norwalk, Paramount, Pico Rivera, Rosemead, San Gabriel, Signal Hill, South Gate, Torrance, Watts, West Athens and others.



Map of Los Angeles County

Legend:

- Service Planning Area 7
- Service Planning Area 8
- Service Planning Area 9
- Service Planning Area 10
- Service Planning Area 11
- Service Planning Area 12
- Service Planning Area 13
- Service Planning Area 14
- Service Planning Area 15
- Service Planning Area 16
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- Service Planning Area 100

Agency **Contact Information**

Rancho Los Alamitos
Program **Food Inspector**
 10001 Imperial Hwy.
 Rancho Los Alamitos, CA 92653
 (949) 860-7700

Times and Requirements

Open weekdays 9:00 a.m. to 5:00 p.m. Reservation required by 11:00 a.m. on the day of the event. Open Saturdays 9:00 a.m. to 1:00 p.m. Open the 4th Wednesday of each month with Live Music. Open 10:00 a.m. to 12:00 p.m. on December 28th 2014.

Reservable on-site volunteerism. See request form on our website: www.ranchofoodbank.org

Distribution of canned nonperishable food ends on a reception line immediately after 11:00 a.m.

Next Open Hours

11000 Lakewood Blvd.
 Downey, CA 90241
 (562) 861-1111

Next Open Hours

14411 Centinela Rd.
 Van Nuys, CA 91406
 (818) 784-2383

Service Planning Area 8

Bel, Bellflower, Bell Gardens, Cerritos, City of Commerce, City of Norwalk, Cudahy, East Los Angeles, Hawaiian Gardens, Huntington Park, Industry, Inglewood, Long Beach, Maywood, Norwalk, Paramount, Pico Rivera, Rosemead, San Gabriel, Signal Hill, South Gate, Torrance, Watts, West Athens and others.



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55



RANCHO LOS AMIGOS
HOSPITAL REHABILITACION CENTER

Healthy Eating

Sample Guides



Mi Mantelito para la Diabetes



Latin American Diet Pyramid
La Pirámide de La Dieta Latinoamericana

56

The screenshot shows the Rancho Los Amigos website's 'Healthy Eating' section. The page features a blue header with the organization's logo and name. Below the header, there's a navigation bar with links like 'Home', 'Get Involved', 'Life Events', 'Resources', 'Programs/Services', 'Information for Families', 'Contact Us', and 'About Us'. The main content area is titled 'Healthy Eating' and includes a sub-header 'Healthy Eating Resources'. The page lists several food items with images and descriptions:

- Soft Chicken Tacos**: A recipe for soft chicken tacos with a list of ingredients and a brief description.
- Fish Tacos**: A recipe for fish tacos with a list of ingredients and a brief description.
- Simoleo Fish Tacos**: A recipe for Simoleo fish tacos with a list of ingredients and a brief description.
- Taco Flavored Potatoes**: A recipe for taco flavored potatoes with a list of ingredients and a brief description.

The page also includes a sidebar with links to 'Healthy Eating Resources' and 'Healthy Eating Recipes'. The footer contains contact information for Rancho Los Amigos, including the address, phone number, and website URL.

57

Examples of MyPlate Meals

58

Sample Meals Clients Have Modified

The image shows two examples of meal modifications. On the left is a photograph of a white plate containing a mixture of yellow rice, green beans, and a small portion of meat. On the right is a hand-drawn diagram of a meal modification. The diagram is a circle divided into four quadrants. The top-left quadrant is labeled 'Carbs' and contains a drawing of a bowl of rice. The top-right quadrant is labeled 'Protein' and contains a drawing of a bowl of meat. The bottom-left quadrant is labeled 'Vegetables' and contains a drawing of a bowl of green beans. The bottom-right quadrant is labeled 'Fruit' and contains a drawing of a bowl of fruit. The diagram is labeled 'Meal Modification' at the top and 'Client: [Name]' at the bottom.

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The image displays four bags of corn tortillas. From left to right: a small bag of Guerrero Half Blanco (100% whole grain corn, 100% whole grain flour, 100% whole grain oil), a medium bag of Guerrero White Soft Shells (100% whole grain corn, 100% whole grain flour, 100% whole grain oil), a large bag of Mission Soft (100% whole grain corn, 100% whole grain flour, 100% whole grain oil), and a medium bag of Mission 25 Calories (100% whole grain corn, 100% whole grain flour, 100% whole grain oil). Each bag features its respective brand logo and nutritional information.

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Healthy Eating



61

Healthy Eating
Nutrition Facts: Food Labels and Apps



62

Healthy Eating
Nutrition Facts: Food Labels and Apps

Yuka

Application Team Independence Blog

Make the right choices for your health



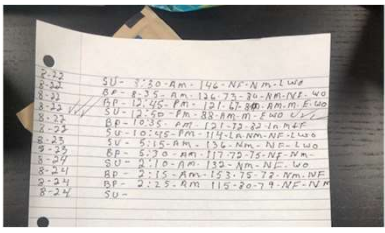
63

Healthy Eating
Eating Out



64

Healthy Eating
Monitoring Blood Glucose Levels and BP/HR

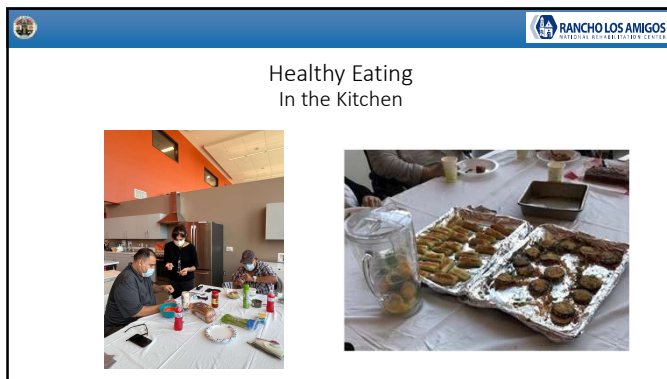


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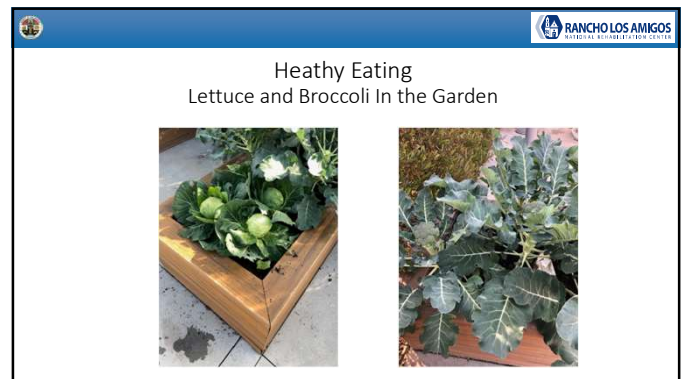
Healthy Eating
Comparison Shopping



66



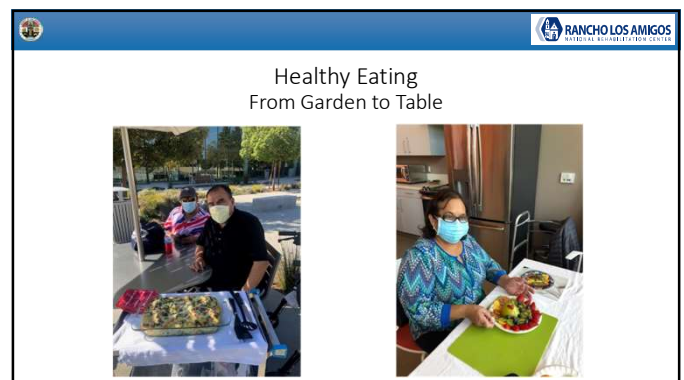
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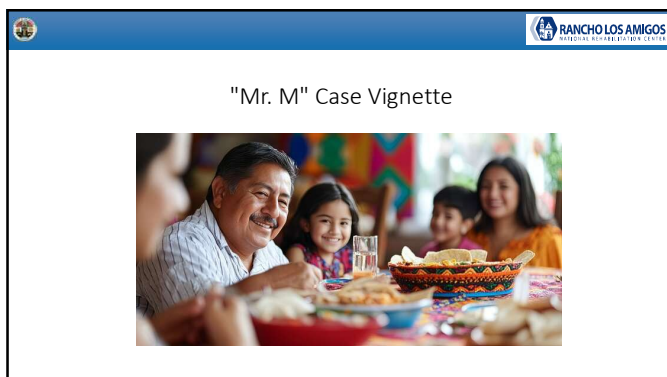
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69



70



71

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72

