

Lifestyle Redesign for wellness, health promotion and disease management: Evolution and application in clinical settings

Rationale / Background: Worldwide, a marked increase in the prevalence of chronic conditions associated with lifestyle factors has prompted health systems to focus on services to effectively prevent and manage these conditions. Lifestyle Redesign is an evidence-based occupational therapy intervention approach that supports the prevention and management of chronic conditions while promoting well-being and quality of life. In addition to the Well Elderly studies, which demonstrated Lifestyle Redesign's effectiveness preventing health declines among older adults, more recent evidence shows that Lifestyle Redesign interventions can improve health behaviors, clinical outcomes, and quality of life in a range of populations. This workshop will clarify the core principles and processes of this intervention approach, review evaluation and treatment planning, provide practical strategies to implement Lifestyle Redesign in clinical and community settings, and outline opportunities for training in Lifestyle Redesign for occupational therapy practitioners.

Learning Objectives: At the conclusion of this session participants will be able to

- (1) describe the theoretical framework, evidence base, and key process components of Lifestyle Redesign; and
- (2) understand how to incorporate Lifestyle Redesign principles into occupational therapy treatment for clients with or at risk for a chronic condition.