

LIFESTYLE REDESIGN® WORKSHOP

October 6, 2012

with

Florence Clark

PhD, OTR/L, FAOTA

President AOTA

Rush University

Armour Academic Facility

Room 976

600 South Paulina Street

Chicago, IL 60612

Lifestyle Redesign® Workshop

The workshop will provide an introduction to Lifestyle Redesign® theory and methods in occupational therapy intervention. Participants will hear about the foundations of this health promoting approach in occupational science and explore the principles guiding its implementation.

Lifestyle Redesign® and its application to a variety of populations will be presented along with evidence of its efficacy, effectiveness, and cost-effectiveness.

Areas of implementation addressed will include health living practices of older adults, pressure ulcer prevention with spinal cord injury, weight management, chronic pain management, office wellness and green Lifestyle Redesign®.

Instructional Method

Lecture with PowerPoint

Who Should Attend

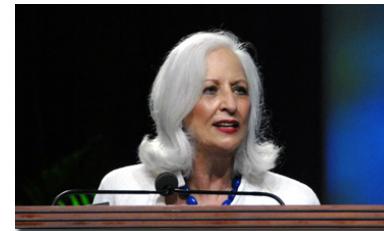
Occupational Therapists, Occupational Therapy Assistants, Occupational Therapy students

Please inform the workshop coordinator of any special needs.

Learning Objectives

1. **Define** occupational therapy's role in health promotion through primary and secondary prevention.
2. **Learn** the components of Lifestyle Redesign® interventions.
3. **Discuss** current evidence supporting Lifestyle Redesign®.
4. **Explore** additional directions for occupational therapy in prevention and health promotion.

About the Speaker



Florence Clark, PhD, OTR/L, FAOTA is President of the American Occupational Therapy Association (AOTA). Dr. Clark currently is the associate dean, chair, and professor in the Division of Occupational Science and Occupational Therapy at the University of Southern California (USC).

A widely published and noted scholar, her research interests include the development of sensory integration in children, sensory integration dysfunction,

maternal role behavior, the acquisition of independent living skills among adolescents with disabilities, health promotion in the elderly, and spinal cord injury and occupational science.

Dr. Clark is best known for being the lead researcher of the Well Elderly Studies. The results were published in October 1997—the first occupational therapy study to appear in JAMA, the Journal of the American Medical Association. In the follow-up Well Elderly 2 study, occupational therapy researchers at USC found that small, healthy lifestyle changes—coupled with involvement in meaningful activities—are critical to healthy aging. The study validates the current trend in public health strategies to focus on preventing illness and disability, as opposed to treating issues once they have already begun to negatively impact health.

Workshop Schedule

9:30 am Registration and
Continental Breakfast

9:50 am Introductions

10:00 am Workshop

11:45 am Conclusion and Evaluations

12:00 pm 30th Anniversary Celebration
begins. Alumni, faculty and special guests
are welcome.



Tuition:

\$40/person for Non-Rush University participants
\$30/person for Rush University Alumni
\$15/students must show school ID.

To qualify for the Rush University Alumni discount, participants must have graduated from the Rush University Occupational Therapy Allied Health Program.

Refund Policy:

Rush University Occupational Therapy Alumni Association reserves the right to cancel the workshop for due cause. Cancellation of the workshop by RUOTAA will result in a full refund of tuition. Individuals who register for the course are required to pay full tuition upon registration. Should a participant decide to cancel their registration more than 4 weeks prior to the course, he/she will be refunded 75% of the tuition. Registration cancellations less than 4 weeks prior to the workshop will not receive a refund of their tuition.

Location:

The workshop will be held at Rush University in the Armour Academic Building, 600 South Paulina, Room 976. The workshop site is wheelchair accessible. Accessible materials and personal assistance are available with at least a 30 day advance notice.

The workshop is sponsored by the Rush University Occupational Therapy Alumni Association (RUOTAA).

RUOTAA is an organization committed to reaching out locally, nationally and internationally to related professional groups for the exchange of information, scholastic and service opportunities, with the purpose of expanding the understanding of occupational therapy. Proceeds from this workshop will benefit RUOTAA and go towards the RUOTAA 2012 Scholarship Fund. For more information visit:

<http://chs.rushalumni.org/node/45>
Click *RUOTAA website* at bottom of screen.

Directions to Rush

www.rush.edu/rumc/



Registration Form

Make check payable to: RUOTAA
Cost information is on the next page

Mail to:
RUOTAA c/o Beverly Myers
Rush University Medical Center
Department of Occupational Therapy
600 South Paulina, Suite 1010F
Chicago, IL 60612

Please TYPE or PRINT your name and professional initials as you would like them to appear on your certificate of completion.

Name: _____

Home Address: _____

City: _____

State _____ Zip _____

Current Field of Practice:

Email: _____

Please Note Registration will not be processed without payment.

Method of Payment:
___ Check ___ Money Order