



Santa Clarita Valley  
Therapy Services



# OCCUPATIONAL THERAPY LIFESTYLE PROGRAM

Read more inside on Occupational Therapy Diagnoses, our  
Featured Service: Aquatic Therapy, and how to enter our  
Lifestyle Management Contest!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

Give us a call today at (661) 284-1984

# OCCUPATIONAL THERAPY LIFESTYLE PROGRAM

We are beginning an occupational therapy program at SCV Therapy to manage weight loss and improve lifestyle habits for individuals with obesity and diabetes, mental health diagnoses or college students, as lifestyle interventions have proven to improve individuals' sense of wellbeing and health.

As a doctor of OT, I specialize in working with individuals to manage their chronic conditions by engaging in habit changes to improve their wellbeing, which I received training in at USC. These lifestyle interventions have shown improvements on RAND SF-36 Health Survey (Clark, et al., 2011; Pyatak, et al., 2019). In our program, patients and I will collaborate on enhancing their motivation to participate in daily activities, develop strategies to improve their health routines, create action plans to reduce their stress and manage their chronic condition, and promote increased engagement in activities they want or need to do.

**Please contact SCV Therapy Services at (661) 284-1984 or Erin Bussell, OTD, OTR/L directly at [erin@scvtherapyservices.com](mailto:erin@scvtherapyservices.com) for more information.**



**SCV Therapy Services Occupational Therapy Lifestyle Program is available to individuals with a chronic condition of obesity, diabetes, mental health disorder, or college students.** SCV accepts most insurances, including HMOs, PPOs, Medicare, TriWest, and private pay.

The program aims to improve your ability to manage your chronic condition and bridge the gap between the changes your doctor wants to see, like a lower A1c, and actions you can take to achieve these health goals. We want you to regain the rhythms of living!

## Occupational Therapy Addresses:

- Healthy eating routines
- Meal preparation
- Physical activity
- Monitoring symptoms
- Sleep routines
- Strategies to improve your management of medications
- Planning for difficulties managing a chronic condition
- Coping with caring for a chronic condition, stress, or emotional difficulties
- Modifying activities due to changes in your health

**If you feel that you would benefit from occupational therapy, ask your doctor for a referral today!**

**Stop letting pain get in the way. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!**

# OCCUPATIONAL THERAPY DIAGNOSES



## Common Occupational Therapy Diagnoses:

- Diabetes, Pre-diabetes
- Depression, Anxiety, Bipolar Disorder
- Obesity, Overweight
- Autism
- ADHD
- Hypertension
- Carpal Tunnel Syndrome
- Arthritis
- Dupuytren's Contractures
- Tendonitis
- Status-Post Hand, Wrist, Digit Fractures
- Repetitive Use Injuries

**If you are suffering from pain, we want to help!**

**Give us a call today at (661) 284-1984 or visit**

**[SCVTherapyServices.com](http://SCVTherapyServices.com)**

*Clark, F., Jackson, J., Carlson, M., Chou, C. P., Cherry, B. J., Jordan-Marsh, M., ... & Wilcox, R. R. (2012). Effectiveness of a lifestyle intervention in promoting the well-being of independently living older people: results of the Well Elderly 2 Randomised Controlled Trial. J Epidemiol Community Health, 66(9), 782-790.*

*Pyatak, E., King, M., Vigen, C. L., Salazar, E., Diaz, J., Niemiec, S. L. S., ... & Shukla, J. (2019). Addressing diabetes in primary care: Hybrid effectiveness-implementation study of Lifestyle Redesign® occupational therapy. American Journal of Occupational Therapy, 73(5), 7305185020p1-7305185020p12.*



## FEATURED SERVICE

### AQUATIC THERAPY

Aquatic Therapy with reduced gravitational stress promotes results with higher functional level in treating most orthopedic and neurologically diagnosed conditions.

**In a water environment, patients who may not be ready for land based programs can recover more quickly with less pain in this controlled, supportive, and relaxing atmosphere.**

- Certified aquatic specialists.
- Specialized exercise programs to accommodate your medical needs.
- Ideal for patients recovering from osteoarthritis or osteoporosis, spinal surgeries or any conditions with uncontrolled pain levels and decreased tolerance for weight bearing activity.

Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!

# NEW YEAR, NEW YOU!

Let us help you keep your weight loss and fitness resolutions this year!

Get your Full Body Composition Analysis on our Bioelectric Scale for only \$25 (regularly \$75) and discover not just your weight but, your fat percentage, muscle, bone and water mass along with visceral fat, BMR and, your unique metabolic age assessment.



## LIFESTYLE MANAGEMENT CONTEST

Send an email to [contests@scvtherapyservices.com](mailto:contests@scvtherapyservices.com) with your name, address, and contact information for a chance to win a FREE lifestyle management consultation.

The winner will receive lifestyle management and a weigh-in with Erin Bussell, our Lifestyle Management Specialist.



### PATIENT SUCCESS SPOTLIGHT

"Erin made sure that I was comfortable expressing myself, particularly in areas I knew little about. She provided information and activities that helped me make the changes necessary to lose weight and ultimately adopt a healthier lifestyle." - Client for Weight Management

## KEEPING YOUR HEALTH IN MIND

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES  
ARE WEARING  
MASKS



OUR EMPLOYEES ARE  
PRACTICING SAFE  
DISTANCING



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES  
ARE WASHING THEIR  
HANDS REGULARLY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING OF HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!