Vital Hands Rehab
Occupational Therapy

240-917-6105
Monday to Friday, 8 AM to 5 PM

Help them live more independently.

Occupational therapy at the Bowie clinic, and the same outpatient care at home across Prince George's County, for adults who are not homebound but cannot get to the clinic.

Stephanie Tagoe, MS, OTR/L · 17 years in geriatric rehabilitation

WHO THIS IS FOR

People who need help with their hands and arms, who are at risk of falling, or who are living with stroke, Parkinson's, multiple sclerosis, pain, arthritis, or dementia.

WHAT A VISIT CAN INCLUDE

01 **Clinic evaluation**
A plan built around the tasks that have become hard.

02 **Hands and arms**
Care after injury: grip, pain, and daily use.

03 **Fall prevention**
Safer movement where a fall actually happens.

04 **Therapy at home**
The same outpatient visit, in the patient's home.

05 **Home safety**
Hazards, simple changes, and the right equipment.

06 **Daily living**
Dressing, bathing, and meals, done more safely.

HOW A REFERRAL WORKS

1 **Send the referral**
Call or email. A family member can make the first call.

2 **Tell us the basics**
Name, phone, reason, insurance, and an order if the plan requires one.

3 **We schedule the visit**
We contact the patient and set a clinic visit or a home visit.

4 **You stay informed**
Referring clinics are updated on the plan of care.

INSURANCE AND BILLING

Medicare Part B · Blue Cross Blue Shield · Medicaid · Supplemental · Private

Benefits are checked, and any expected cost is explained, before the first billed visit. Out-of-network PPO plans can be billed directly. Call about a specific plan.

Stephanie Tagoe, MS, OTR/L
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Home visits in Prince George's County. Outpatient care, not home health.