

QRTips

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Documentation Reminders for Rehabilitation Services

- Rehabilitation is a type of mental health services that assists clients in improving, maintaining or restoring specific types of skills, i.e., functional skills, daily living skills, social and leisure skills, grooming and personal hygiene skills, meal preparation skills, support resources and/or medication education.
- In order to provide rehabilitation services, there must be clinical evidence that the skills deficits are *caused by a mental health condition*.
- Rehabilitation services are subject to medical necessity. The client should have a Medi-Cal included diagnosis, there must be an impairment resulting from the mental health condition, and the focus of the intervention is to ameliorate the identified impairment.
- The clinical intervention **MUST BE** a specialty mental health intervention, and not only a “personal care” type of service. It is important to distinguish between rehabilitation and personal care services. Even though both of them assist beneficiaries to live independently, Medi-Cal does not reimburse for personal care services.
- Rehabilitation services help by teaching the client skills to overcome the limitations caused by the mental health condition and also by having the client learn to perform those activities for themselves. On the other hand, personal care services refer to performing or doing activities for the clients that they are unable to do for themselves. For example, the client is trying to get a job, but is anxious and does not look for job openings. If the coach does an internet job search with the client, this is a personal care service for the convenience of the client, and is not billable to Medi-Cal. Teaching relaxation skills to decrease the anxiety to allow the client to do the job search herself is a billable rehabilitation service.
- **Documentation:**
 - The chart must show evidence that specific skills deficits have been identified, and such skill deficits prevent or act as barriers to the client achieving his/her therapeutic goals.
 - The Care Plan authorizes the provision of individual rehabilitation, collateral rehabilitation or group rehabilitation services.
 - The Care Plan documents the goals and milestones that will be addressed through the rehabilitation services.
 - Billable time for rehabilitation equals the time involved in the ***active treatment*** of the client. Non-treatment time spent with the client is non-billable.

- The amount of the clinical documentation should justify the amount of time billed.