

OSS Advisory Newsletter

MEDICAID ESTATE RECOVERY



What is an estate?

An estate is all real and personal property and other assets of the deceased person (beneficiary) as defined in South Carolina Law.

What is estate recovery?

The Omnibus Budget Reconciliation Act (OBRA) of 1993 required that states implement an estate recovery program. This means that the federal government mandated estate recovery for all states. South Carolina's law went into effect July 1, 1994 and requires that the Medicaid program be reimbursed from the beneficiary's estate for medical expenses paid for by Medicaid.

Who is affected by estate recovery and what expenses must be reimbursed?

Two groups of people are affected by estate recovery. They are:

A person of any age who was a patient in a nursing facility, intermediate care facility for the mentally retarded, or other medical institution at the time of death, and who was required to pay most of their monthly income for the cost of care; or

A person who was 55 years of age or older when they received medical assistance consisting of nursing facility services, home and community-based services, and hospital and prescription drug services provided to individuals in nursing facilities or receiving home and community-based services.

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CRCF/IPC COST REPORTS

All Residential Care Facilities will be required to complete their July 1, 2010 to June 30, 2011 RCF/IPC Cost Report electronically. Manual or paper cost reports will no longer be available or accepted. Please look for more details on page 4 of this Newsletter.

September 02, 2011

OSS Advisory Newsletter



NEW PROVIDER SERVICE CENTER

TOLL-FREE 1-888-289-0709

In January 2011, the South Carolina Department of Health and Human Services (SCDHHS) implemented a new Provider Service Center (PSC) for specific provider groups. Beginning February 14, 2011, SCDHHS opened the PSC to all South Carolina Medicaid providers. The PSC will offer all provider types the expanded opportunity for assistance with Medicaid questions.

PSC customer service representatives will offer assistance with forms and manual requests, claims inquiries, payment issues and general billing issues. PSC representatives will also assist with Questions regarding the Qualified Medicare Beneficiary Program and Managed Care Services.

Providers can contact the PSC via the toll-free number :
1-888-289-0709 / 07:30AM to 05:00PM Monday through Friday.

In addition, the PSC will accept calls from all providers requiring assistance with the following:

- * Provider Enrollment
- * Electronic Data Interchange (EDI) support
- * Filing claims via the Web Tool
- * Nursing Home, OSS and Hospice room and board questions.

Your program representative will remain available to assist with complex issues and to clarify program policy.

Per SCDHHS
Medicaid Bulletin
dated July 08, 2011 -

Reimbursement for
SC Medicaid
providers will be
reduced by 7%
effective for dates of
service beginning
on July 11, 2011.

The IPC Daily Rate
has been reduced 7%
effective with dates
of service beginning
July 11, 2011.

The rate has changed
from \$16.00 a day
to \$14.40 a day.
(IPC providers only)

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MEDICAID ESTATE RECOVERY

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How does estate recovery work?

If a person has an estate at death, the Medicaid program recovers any payments it made for medical services from the estate. Medicaid's claim will be similar to claims for funeral expenses, attorney's fees to administer the estate, and taxes. This claim will need to be satisfied in order to properly close the estate. The state isn't interested in taking ownership of any one's real property. Even though your home is not considered as a resource for Medicaid eligibility, it is an asset of your estate. It is the responsibility of the Personal Representative to determine how to repay Medicaid's claim from the assets of the estate.

For example: John Doe was in a nursing facility for the month of July. He died August 3. Medicaid paid \$2,000 for his care in July and August. His estate is worth \$50,000. Medicaid will recover \$2000 from his estate, after claims with higher priority (i.e., mortgage, funeral expenses, probate fees) are paid.

In another example: Jane Doe has been on Medicaid for years. Medicaid has spent \$25,000 on medical services she received since she was age 55. Her estate is worth \$20,000. The Medicaid program will recover from the remainder of the estate, after claim with higher priority are paid.

Are there any exceptions?

Yes. Estate recovery may be waived in certain types of cases that involve an undue hardship. Undue hardship waiver requests may be submitted after the death of the beneficiary and will be given consideration if the conditions outlined in the provisions are met.

Questions concerning Medicaid Estate Recovery should be directed to the program manager at telephone number (803) 898-2932.

September 02, 2011

OSS Advisory Newsletter

How to ELECTRONICALLY Download, Complete and Transmit the 2011 RCF.IPC COST REPORT via Computer

Each facility participating in the OSS and/or IPC Program is required to submit a standardized cost report, developed by DHHS, which reflects all income, operating costs and resident day information of the facility. Facilities operating the entire 12-month period (365 days) from July 1, 2010 to June 30, 2011 must complete this cost report. If you get the following message when transmitting/uploading your 2011 RCF.IPC Cost Report, "There is a problem with this website's security certificate", please click the option that says "Continue to this website-not recommended". This option will take you to the Upload screen in order to transmit your cost report.

A. Download Instructions:

1. Go to web address <http://www.scdhhs.gov/insideDHHS/Bureaus/InformationTechnologyServices.asp>
2. Under Software Downloads, click 2011 RCF-IPC Cost Report
3. Choose SAVE
4. Type a FILE NAME beginning with RC followed by your four license numbers. Ex. RC4321
5. Click SAVE and the file is now on your computer

B. Completion Instructions:

1. Complete the applicable yellow spaces on the Cost Report tab of the file
2. Once you finish all of the 13 pages, SAVE the file again using the same file name you used in A. 4.

C. Transmitting Instructions:

1. Go to web address <https://secure.dhhs.state.sc.us/seniorscp/upload.html>
2. You are about to view pages over a secure connection. Click OK
3. Information you exchange with this site cannot be viewed... Do you want to proceed? Click YES
4. Click BROWSE
5. Choose the cost report file you saved
6. Click OPEN. The file path and name now appear on the Upload Screen
7. Type the remainder of the information requested
8. Click UPLOAD FILE

The 2011 RCF.IPC Cost Report is **due no later than September 1, 2011**. Failure to electronically submit this information by the deadline will result in the immediate withholding of your facility's payments. No other RCF.IPC Cost Report form will be accepted.

A letter will be mailed by July 11, 2011 to the RCF.IPC facilities required to file a 2011 RCF.IPC Cost Report. If you have not received your letter by July 15, 2011 but feel you are required to submit a 2011 RCF.IPC Cost Report, contact Gwen Henderson at Hendgwen@scdhhs.gov for verification.

Note: You will not be exempt from filing the 2011 RCF.IPC Cost Report due to not receiving a letter.

Post Office Box 8206
Columbia, SC 29201-8206

803-898-2698
803-255-8209 fax
EMAIL : VARN@SCDHHS.GOV or
OSS@SCDHHS.GOV

Thinking about... The Benefits of Being More Physically Active

We all hear about how important it is to exercise, how we should exercise more, and the health benefits of exercising. Maybe you've heard the term *exercise* so much that you're now opposed to it. If the mere thought of exercise is daunting, try being more active instead. Physical activity is essential in maintaining your health as well as the quality of life of your residents. No matter the age or health condition, moving the body more can provide both physical and mental benefits. In contrast, not being physically active can have negative consequences. Our bodies were created to move. When the body is not engaged in physical activity, your muscle strength and endurance can decline. Muscular strength and endurance are necessary to be able to take care of personal, household, social, and daily needs. Physical activity, therefore, plays an extremely important role in maintaining independence.

Did you know that physical inactivity and muscle weakness are the two most significant factors, besides illness, that result in nursing home placement? This month's issue highlights resources that may help you and your residents increase your physical activity. These programs are geared towards maintaining functional levels as well as improving the ability to do daily tasks and activities. The programs include activities for physical levels ranging from a seated position to a standing, full-body engaging workout. Although regular physical activity is good for anyone no matter their level, it's best to clear any new physical routine with your health care providers. So increase your activity and encourage everyone in your facility to move more for a healthier, happier life.

Placemat Strength Training –Take a look around your facility. Are many your residents spending much of their day sitting? A common occurrence among older adults is a decline in physical functioning. This decline is most often due to muscle de-conditioning because of a lack of physical activity. The Placemat Strength Training Program was developed to maintain or improve muscular strength in older adults. Designed for the table, the Placemat illustrates a series of 10 exercises residents can perform around a chair with arms. The exercises are designed to improve upper and lower body strength necessary in transferring and ambulation (getting up and getting around).

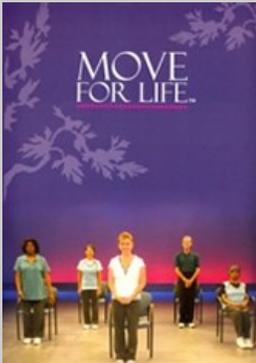
**The Kitchen Table is Not Just For Eating ...
Let's EXERCISE**

The following strength training exercises are designed to help improve your functional fitness level. Functional fitness is the level of fitness necessary to allow you to take care of your personal, household, social, and daily needs, as well as maintain living at home. Determine a goal and write that goal in the space provided. Begin with 1-3 repetitions and progress up to 8-12 repetitions of each exercise at least three times per week. Once you have accomplished this, perform these exercises daily! In each of the boxes under the names of the exercises, write the number of repetitions you completed so the next time you exercise you can perform that same number or even increase the number of repetitions! On the back of the placemat, check off each day that you perform the exercises.

| | | |
|---|---|---|
| Chair Pull/Push <input type="checkbox"/> | Chair Dips <input type="checkbox"/> | Squats <input type="checkbox"/> |
|  |  |  |
| Chair Lift <input type="checkbox"/> | Chair Stand <input type="checkbox"/> | |
|  |  | |
| Name _____ | <i>Keep Exercising!</i> | My Goal _____ |

The Placemat also helps increase hip strength. Improved strength in these areas can increase safety and decrease falls with residents. Because the program can be done in a group setting or individually, the Placemat presents a great opportunity for everyone to increase their physical activity, including you and your staff. Once they become comfortable with the program, residents can choose to complete the exercises on their own. The goal is to maintain an independent lifestyle. So encourage lifelong strengthening activity with the Placemat.

| | | | | | | |
|--|---|---|------------------------------|-----------------------------|------------------------------|------------------------------|
| Knee Raise <input type="checkbox"/> | Toe Raises <input type="checkbox"/> | Leg to Back <input type="checkbox"/> | | | | |
|  |  |  | | | | |
| Leg Curls <input type="checkbox"/> | Leg to Side <input type="checkbox"/> | | | | | |
|  |  | | | | | |
| Sun <input type="checkbox"/> | Mon <input type="checkbox"/> | Tues <input type="checkbox"/> | Wed <input type="checkbox"/> | Th <input type="checkbox"/> | Fri <input type="checkbox"/> | Sat <input type="checkbox"/> |
| © by Prevention Center, School of Public Health University of South Carolina Designed by: Patricia A. Brill, Ph.D. | | | | | | |



Move for Life – Like the title implies, *Move for Life* is a program designed to increase physical activity, and may improve the ability to function and complete everyday tasks. Research shows that individuals at any age can experience physical and mental benefits from being physically active, even at moderate levels. Taking a brisk walk is considered moderate activity. Consider if you walked briskly for 15-20 minutes everyday. This moderate activity could improve your physical, mental, social and spiritual health. The *Move For Life* DVD presents an opportunity for all in your facility to get up and get going. (And unlike walking, it doesn't have to be cancelled on a rainy day.) The DVD includes instructions for each activity, including deep breathing, stretching, strength and balance, and cardio to rev up the heart rate. The video also

features a variety of music, including spiritual, patriotic, and original tunes to motivate movement. Designed for adults who are 50 years and older, these activities would also be good for younger people who haven't been exercising regularly or who have limitations. Residents may not only benefit from the increased activity, but they may also enjoy the social aspects of the group activity, further promoting their health. So if you and others in your facility are opposed to exercising, *Move for Life* instead.



Both the *Placemat Strength Training Program* and *Move for Life* DVD are available through the Office for the Study of Aging. For more information or to place an order, email osainformation@sc.edu or call 777-0222.

Here's to moving more in September! I hope you find this information helpful because I've really been

Thinking About It.

Your Happy Healthy Thinker

Office for the
Study
of Aging

Thinking About It is brought to you by:
Office for the Study of Aging
Arnold School of Public Health
University of South Carolina