

What services can I purchase with a Personal Health Budget?

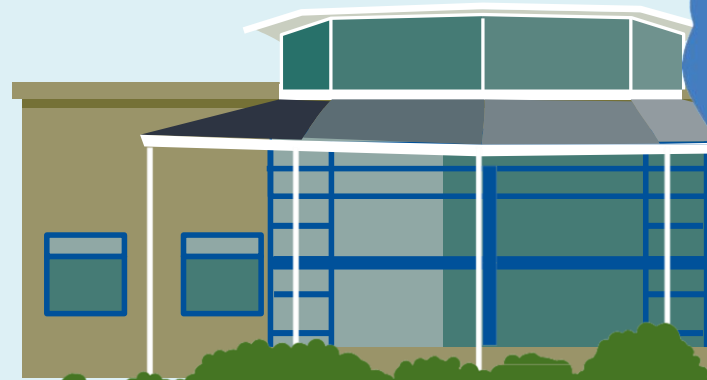
A personal health budget can potentially be spent on a range of care and support to meet your agreed health outcomes that have been detailed in your care plan. Your care plan has to be planned and agreed by the CCG before you receive the funding.

Here are some ideas how you may be able to spend your personal health budget.

- A personal assistant to help you with personal care at home. This means you can choose people you like, who have the right skills to give you the support you want, and are trained to deliver the care identified on your plan
- A carer to live in your home to help you.
- Special equipment that helps you with everyday tasks.

For more information or to have an informal discussion please contact the NHS Continuing Healthcare Team
Phone 0300 303 8294
Email voycg.continuing-care@nhs.net

For free independent advice
www.beaconhc.co.uk



Personal health budgets

To find out more about Continuing health care and personal health budgets go to www.valeofyorkccg.nhs.uk

What are Personal Health Budgets?

A Personal Health Budget (PHB) is an amount of money to support a person's identified health and wellbeing needs, which is planned and agreed between the person, their representative and the CCG.

It is **not** new money but it is money that would normally have been spent by the NHS on the person's care, used more flexibly to meet their identified health needs.

The aim of the PHB is to support people with long-term complex health needs to have greater choice, flexibility and control over the healthcare and support that they receive to meet their assessed needs.

How do I get a Personal Health Budget?

The right to have a PHB applies to adults receiving NHS continuing healthcare (NHS-funded long-term health and personal care provided outside hospital) and children in receipt of continuing care.

If you feel that a PHB would benefit you, we can arrange for someone to talk to you about this further about how PHB's can work for you.

You will develop a care plan with your Case Manager which sets out your personal health and wellbeing needs, the health outcomes the PHB will help you achieve, the amount of money in the budget, and how you are going to spend it in order to meet your health outcomes. We will ensure you are supported through discussions about your PHB and that you receive appropriate information to assist your choice.

How is the Personal Health Budget given to me?

1. Notional Budget

No money changes hands. You find out how much money is available for your assessed needs and decide together with the NHS team how to spend that money. The NHS is then responsible for holding the money and arranging the agreed care and support. You will still have regular reviews and if your needs change your care plan can also change along with the identified budget for care.

2. Third Party Budget

An organisation legally independent of both you and the NHS (for example, an independent user trust or a voluntary organisation) holds the money for you, pays for and arranges the care and support agreed in your care plan.

3. Direct Payment

You get the money to buy the care and support both you and your NHS team agree you need. You take responsibility for purchasing the agreed care and support which has been agreed and is detailed in your care plan.

You must use a dedicated bank account, provide evidence of what you have spent your money on at regular intervals and manage the services that you have bought.

What a PHB can be spent on must be agreed with the CCG. There are certain things a PHB **cannot** be used to pay for example:

- alcohol or tobacco
- gambling or debt repayment
- anything that is illegal
- emergency care
- primary care services, such as seeing a GP
- buying medication

As with all types of PHBs you will continue to have regular reviews. The care plan and budget may be amended to take account of any changes in your health needs.

