



**West Hampshire
Clinical Commissioning Group**

Personal Health Budgets



**Personal Health
Budgets:
Your questions
answered**

**NHS Continuing Healthcare information
booklet written by the NHS in Hampshire
with expert users and carers**



Personal Health Budgets - Your questions answered

This booklet tells you about Personal Health Budgets (PHBs) in Hampshire:

- What are Personal Health Budgets
- How they could work for you
- How to get more information.

What is a Personal Health Budget?

A personal health budget is an amount of money used to support your health and wellbeing needs, as agreed between you and your health or social care team.

The aim of a personal health budget is to give you more choice and control over the money spent on meeting your health and wellbeing needs.

Your health and wellbeing needs will be set out in a personalised care and support plan, which you and your health or social care team will develop together.

Personal health budgets support the vision of a more personalised, patient-focused NHS.

How much will my Personal Health Budget be?

The amount of payment will vary from person to person. It will be calculated by taking into account your **individual** assessed health and wellbeing needs. However, you will always be told how much money is available before you start planning how to spend your personal budget.



Personal Health Budgets - Your questions answered

— What can a Personal Health Budget be spent on? —

You will be able to spend your personal health budget flexibly to ensure it meets your agreed health and wellbeing goals.

However, there are some things you can't use your budget for, such as, alcohol, tobacco, gambling, debt repayment, anything illegal or something which could damage your health. It also cannot be used for primary care services, such as on GPs, emergency or acute health services.

What happens when I transition from social care to CHC?

If you currently receive a direct payment from your local authority and you are found eligible for CHC, you may find that some things relating to your care package and funding will need to change. The CHC team will need to review circumstances on a case by case basis to ensure adherence to NHS England guidance on direct payments for healthcare. Your health and social care team will discuss this with you during the CHC transition process.

If you are currently receiving monies into a direct payment bank account, or into a managed account, then the way in which you will receive your payments should not change.

— Do I have to manage my own Personal Health Budget? —

No, this is about giving you choice.

If you are happy with the way things work now and how your healthcare is currently provided, there is no need to change it. However, it is often useful for you to know what things cost and what options you might have.

You and your health or social care professional can decide together how best to manage your personal health budget.

It can be managed in three different ways or a combination of these.

For more details please see the next page.



Personal Health Budgets - Your questions answered

What are the different types of Personal Health Budgets?

1. A Direct Payment

You receive the money to buy and manage your own healthcare and support. Your health or social care team must agree that this meets your needs.

You have to show what you have spent it on, but you, or your representative, buy and manage services yourself.

If you would like support with your Direct Payment, there is an option for a managed account. This is where an independent organisation sets up and manages the direct payment bank account for you. You can also get help and support with things like payroll, recruitment and employment queries.

2. A Notional Budget

No money changes hands. You find out how much money is available and together with your health or social care team, you decide how to spend that money. Your agreed care and support will then be arranged

3. A Third Party Managed Budget

After you have agreed your budget with your health or social care team an independent organisation (for example an independent user trust or voluntary organisation) holds the money for you and helps you organise and pay for your care and support.



Personal Health Budgets - Your questions answered

If I am eligible for a Personal Health Budget, what happens next?

If you are eligible for a personal health budget, the following steps must be followed before your budget can be made available to you:

1. Assessment of your health and wellbeing needs and collection of information relating to the health and care services currently used to support you.
2. An indicative budget will be prepared. This is a calculation needed to confirm the amount of money in your personal budget.
3. Your personalised care and support plan will need to be developed. This means identifying support and services required to keep you healthy and well and meet your agreed outcomes.
4. Your health or social care team will help you to decide how your personal health budget will be managed.
5. Care and support will be put in place; either by you if you are managing the personal health budget yourself, or by someone else if you choose a notional or 3rd party budget.



Personal Health Budgets - Your questions answered

How will my PHB be monitored and reviewed?

Once you have a personal health budget, your health or social care team will periodically review your personalised care and support plan with you. You can also ask for your plan to be reviewed at any time if your health needs change or you feel the current plan isn't working for you.

You can give up your personal health budget at any point if you wish to; you will still be able to receive care and support in another way.

How do I contact the CHC team if I have a query about a PHB?

The Hampshire NHS Continuing Healthcare (CHC) Co-Production Group has produced this booklet. If you would like to know more about personal health budgets, or how to become part of our Co-Production Group, please contact:

NHS Continuing Healthcare and Funded Nursing Care

West Hampshire Clinical Commissioning Group

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W: www.westhampshireccg.nhs.uk

Is there support available in employing a Personal Assistant?

<https://www.hampshirepafinder.org.uk/home>

The Hampshire PA Finder website provides a wealth of information around finding and employing a Personal Assistant in care in Hampshire, as well as assisting in the recruitment process and supporting individuals with becoming a first time employer.



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