

Framework for personal health budgets

What is a personal health budget?

A personal health budget (PHB) is an amount of money to support a person's identified health and wellbeing needs, planned and agreed between the person, their representative or, in the case of children, their families and Basildon & Brentwood Clinical Commissioning Group. It is not new money, it is money that would normally have been spent by the NHS on the person's care but used more flexibly to meet their needs..

At the centre of the personal health budget is a care and support plan. This sets out the agreed health and wellbeing outcomes that the patient wants to achieve and how the budget will be spent to help the individual meet these goals. For example, therapies, personal care and equipment.

More choice and control

The aim of a personal health budget is to give individuals more choice and control over the money spent on meeting their health and wellbeing needs. You will have control over your care and can co-ordinate it in a manner which supports your lifestyle and wellbeing.

PHBs support the vision of a more personalised, patient-focused NHS. NHS England's website has more information and advice about the new scheme:

NHS Choices website:

www.nhs.uk/personalhealthbudgets

NHS England website:

www.england.nhs.uk/healthbudgets

Local offer

The local offer in Basildon & Brentwood Clinical Commissioning Group currently extends to:

- Adults who are eligible for NHS Continued Health Care (CHC) funding.
- Adults with Learning disabilities and challenging behaviour with high support needs, including those who are in institutional setting or at risk of placement.
- Individuals over the age of 18 with a diagnosis of Mental Health known to MH services or discharged within the past six months.
- Children and young people who are eligible for NHS Continuing Care (CC) funding.
- Children and young people with special educational needs and disabilities (SEND). The PHB is likely to form part of their Personal Budget for their Education, Health and Care (EHC) Plan.
- Children over the age of 11 with ADHD/potential ADHD.
- Equipment – for people with an assessed need for equipment that cannot be provided through a commissioned service.

[\(Links to all pathways\)](#)

[Personal Health Budgets scheme](#)

Who can have a personal health budget?

From 2014, patients eligible for NHS Continuing Healthcare (CHC) including children and young people) had the right to request a personal health budget.

From 1 April 2015, those with a [long-term condition](#) (including mental health conditions) have also had the right to request a personal health budget.

(Link?)

Children and young people

For children and young people (birth to 25) with special educational needs and disabilities (SEND), the personal health budget is likely to form part of their Personal Budget for their Education, Health and Care (EHC) Plan.

More information is available on the Basildon & Brentwood CCG website:

We aim to support every patient and, whilst we are not always able to provide them with a direct payment, we can work with them to identify ways to create a personalised care plan, putting them at the heart of their own healthcare decision making.

What can a PHB be spent on?

Everyone with a personal health budget can get support to think through how they would like to use their budget to meet their health and wellbeing needs.

It is the responsibility of local NHS teams to advise people, and recommend a range of organisations who can offer local support. This is often described as brokerage.

A personal health budget can be spent on any care or services that are set out in the care and support plan that has been put together with the NHS team or voluntary organisation working with the person - and this needs to be agreed by the CCG (clinical commissioning group).

What is doesn't cover

There are things that it would not be right for the Government to fund such as:

- Anything illegal
- Tobacco
- Gambling.
- Debt repayment.
- Statutory acute services - Purchasing primary care services such as seeing a GP or dental treatment. Other services recommended by a GP, like physiotherapy, could be included.
- Covering urgent or emergency treatment or admissions to hospital – if you had an accident, you would go to A&E like everyone else - you could not use a personal health budget to arrange for it to be x-rayed, set or plastered.
- Employing people in ways which breach employment regulations.
- Purchasing goods or services which do not meet agreed outcomes.

- Health assessments.
- Cognitive Behavioral Therapy (CBT) or counselling.

Managing the money

A personal health budget can take three forms:

- **Notional budget** – The money is held by Basildon & Brentwood CCG. You find out how much money is available and talk to your nurse or clinical case manager about the different ways to spend that money on meeting your needs. The CCG will make all payments on your behalf in line with your support plan.
- **Managed account held by a third party** - A different organisation or trust holds the money for you, helps you decide what you need and then buys the services you have chosen.
- **Direct payment** - You'll receive a payment to buy the services you that have been agreed in your support plan. This must be paid into a separate bank account and you have to show what you have spent it on, and keep records of your spending, but you buy and manage services yourself. A personal health budget is not the same as a direct payment.

What happens if I don't spend the money?

We will occasionally look at how you are spending your money and you may be audited on a spot check basis. Towards the end of a year a full audit will be undertaken. Any money you do not use will be returned to Basildon & Brentwood CCG.

Support

Who can support me through the process?

Basildon & Brentwood CCG works with a range of third sector organisations to ensure that patients and their families are well supported through the process of applying for, and managing, a PHB.

Support brokerage – support brokers work with you to help you find the support that is right for you.

Advocacy – Advocacy services help people, particularly those who are most vulnerable in society, to:

- access information and services
- be involved in decisions about their lives
- explore choices and options
- defend and promote their rights and responsibilities
- speak out about issues that matter to them

There are a range of organisations that provide specific support in the Basildon & Brentwood areas.

What is changing?

The changes mean that all patients in the categories outlined in the local offer will be able to request a personal health budget. We aim to support as many patients as possible to create a PHB, but Basildon & Brentwood CCG has limited resources and cannot guarantee that all requests will be successful.

The CCG is undertaking committed to how it can support patients to take greater control of their own care and in the future hopes to increase the numbers of patients receiving a personal health budgets.

Co-production and changing the conversation

One of the central aims of personal health budgets is to enable people to play an active role in managing their health. This can also be described as co-production - working together with health professionals as an equal partner, deciding together how best to achieve goals.

This may lead to people using their budgets in innovative ways rather than relying on services that the NHS would normally provide.

In order to enable people to play an active role in managing their health this requires a change in conversation.

Personal health budgets see people:

- as “whole” people not only as one “broken part”
- in their whole life context - as part of a family and community; and
- as unique individuals with strengths as well as weaknesses.

I am interested in a PHB – what should I do?

The first step is to talk to your NHS professional about your request. Further information can be found on the [NHS Choices website](#).

Working with the council

The CCG aims to work together with the council to use the same support providers and way of paying the money.

This means that people who have a personal budget from both the council and CCG, or who move from the council to CCG funding, will have a better experience.

Please note that we may use the same approach as the council, but NHS care, unlike social care, is not means tested.

Find out more about local support for people with PHB on the council website:

[Direct payments support](#)

Personal Health Budgets Policy

This policy outlines the principles for achieving the implementation of personal health budgets by balancing choice, risk, rights and responsibilities.



Find out more

Talk to the health or social care professional that you usually see, they will be able to provide information on PHBs or will be able to find out more.

NHS Choices website:

www.nhs.uk/personalhealthbudgets

NHS England website:

www.england.nhs.uk/healthbudgets

Information for health and social care professionals:

www.personalhealthbudgets.england.nhs.uk

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