



# YOUR GUIDE TO PERSONAL HEALTH BUDGETS

No decision about me, without me





**There are millions of people in the UK living with long term health conditions or disabilities.**

**Most need some help and support to manage those conditions or disabilities, to minimise the impact and maximise their quality of life.**

**The amount of assistance required varies enormously from person to person – and you know best when and how you would like to receive your care.**

**The NHS is there for all of us and it is committed to giving you choice, flexibility and control over your healthcare and support.**



## **Who is eligible?**

From October 2014, anyone receiving NHS continuing healthcare has the right to a Personal Health Budget (PHB).

## **What is a Personal Health Budget?**

A PHB is an amount of money allocated to pay for your health and wellbeing needs, agreed between you and your local NHS team.

At the heart of a PHB is a support plan which, with the help of your team, assists you to decide your health goals.

Personal Health Budgets have been set up to help improve your quality of life and are not income assessed. You can decide how much control you want to have over your care and support plan and how much help you would like from your NHS team.

If some aspects of your current arrangements are working well, you can keep those, and just change those things that aren't working so well.

Importantly, you are not on your own. Our dedicated teams are here to help you to decide if a PHB is right for you and if it is, to help you to use it to get the very best healthcare available to meet your needs.



## KYLE'S STORY >

**Kyle is 22 years old and suffers from epilepsy, together with a range of conditions that cause muscle damage and weakness.**

He also has hypermobility in his joints, which causes dislocation and severe pain. He suffers multiple seizures every few days, which take him a day to recover from, leaving him unable to go out and reliant upon a wheelchair to get about.

His conditions have had a huge impact on his life, forcing him to leave sixth form and often preventing him from spending time with his friends.

With his PHB Kyle bought a broadband connection and a laptop, enabling him to socialise with his friends and play games online. Kyle says this has become a lifeline for him and prevented him from becoming isolated.

He also employs some of his friends as personal assistants to enable him to go out for a few hours each week to the pub quiz, bowling and the cinema. They stay with him overnight at weekends to support and care for him when his parents are away, giving him precious time with his friends and giving his dad a much-needed break from his caring responsibilities.

## How do I start?

Our team will help and advise you at every stage along the way to ensure that your PHB is right for you.

Together we will:

- Identify your individual needs
- Find the right Personal Health Budget package for you
- Discuss your options and agree your care and support plan
- Help you take control of your Budget
- Give you as much support as you wish in arranging your services
- Regularly review your services to ensure that they are still meeting your needs.



Throughout this process the Personal Health Budgets team work with your Continuing Healthcare team to ensure that all your clinical needs are met in the best way possible.

## What are my options?

Personal Health Budgets are managed in one of three ways or a combination of all three.

### Notional Budget

We tell you how much money is available for your care, you say how you want us to spend the money. If your local NHS team agrees this meets your needs they arrange the care and support for you.

### Third Party

An organisation looks after the money for you and you say how you want to spend it. If your local NHS team agrees this meets your needs, the organisation pays for the care and support you have chosen.

### Direct Payment

Once your care plan has been agreed, we give you or your representative the money to buy and manage your own healthcare and support. Your local NHS team must agree that this meets your needs.

# CRAIG'S STORY >

Craig is 24. In 2008 he suffered severe multiple injuries, including a traumatic brain injury, in a road traffic accident. Left immobile and unable to communicate, Craig needs constant support and attention from a wide range of healthcare professionals, which meant that after his accident he was unable to return home and spent two years in a young persons' nursing home. To make matters worse, during one of his many unplanned hospital admissions he contracted MRSA, which it was feared he would suffer from for the rest of his life.

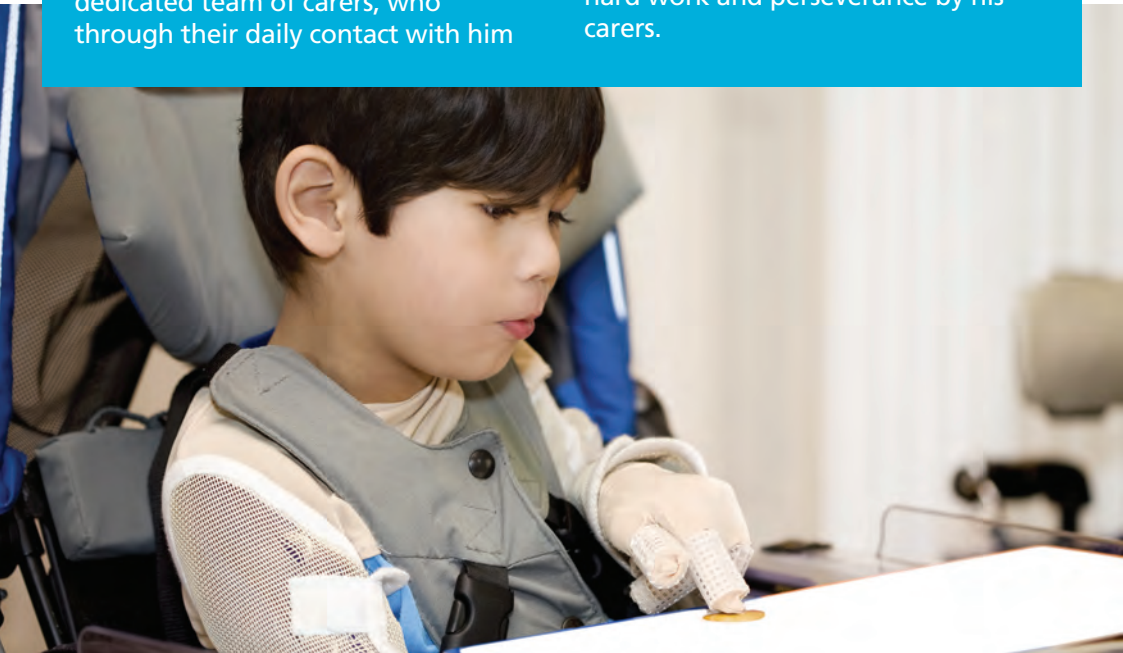
When Personal Health Budgets became available in Craig's location, he was one of the first recipients, with his Budget being administered for him by his uncle. Now he has a dedicated team of carers, who through their daily contact with him

have grown to understand how he is feeling and exactly what they need to do to help him.

There are always two carers from his team in attendance and they have all been trained to carry out a wide range of procedures for Craig, supported by a daily visit from the district nursing service.

With the comprehensive, personal support he now receives, Craig is able to live in his own home with his mum just a short drive away and with carers individually chosen by his family. With assistance, he can go out into the community to socialise and to see his family and friends every day.

He no longer needs regular visits to hospital and is finally clear of MRSA, an outcome attributed to months of hard work and perseverance by his carers.



## What do Personal Health Budgets offer me?

Choice and control over how your care is organised and managed, giving you the opportunity to ensure that your own individual budget is spent on providing you with the personalised package that you need.

## For more information

A dedicated Personal Health Budget team has been created with you in mind, made up of experienced advisors, clinicians and support staff with the diverse skills and experience to ensure that the best results are achieved for you.

Many of the team have been involved with the work carried out by the NHS to decide on how personal budgets should be organised. This means they are already experienced advisors, as well as having detailed knowledge of your local NHS services and other healthcare providers.

If a Personal Health Budget is right for you, you can be confident that we will support you every step of the way.

**To take the next steps, or for more information, please call 01302 566352 or email [wsybcsu.phb@nhs.net](mailto:wsybcsu.phb@nhs.net)**





