

# Personal health budgets



Care that suits  
your needs  
to improve  
your health

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## What is a personal health budget?

Personal health budgets help you, our patient, get care and support that suits your specific health and wellbeing needs.

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A set amount of money is spent on targeted support which has been planned and agreed by you and your local NHS team or healthcare professional.

With our help you write a *personal care and support plan* to say how you would like to use the money to improve your health and wellbeing. This gives you more choice and control to get your needs met in a way that is best for you.

A personal health budget won't necessarily cover all aspects of your healthcare – some could still be offered in the same way you currently receive it. But you might

want to use the budget to adapt parts of your care.

### Who can have one?

If you receive NHS continuing healthcare funding for a long-term condition you can receive a personal health budget. A long-term condition is a health problem that can't be cured but can be controlled by medication or therapies.

### How is it set?

An assessment of your current care package, and how much its costs, is done to give an idea of what your personal health budget might need to be. Then your personal care and support plan would be written.

The plan is really important as it focuses on what's important to you and what you want to get from your care. It covers all aspects of your care – like normal GP services and hospital appointments. Your plan

also includes how you will be kept safe and gives a breakdown of how much will be spent, and on what.

If it shows a lot less, or more, would be spent on your care as a result of the plan some things might be adapted before it is agreed. The amount of money in a budget varies from person to person, according to their needs.

### How can I use it?

There's no set list of what you can spend it on as long as the items or activities support your health and wellbeing goals.

These might be:

- therapies
- personal care (in exceptional circumstances you may be able to use it to employ a close relative)
- equipment, aids and adaptations
- activities to help you become more active in the community to improve your physical and mental health.

There are some things you can't spend your budget on:

- gambling
- alcohol or tobacco
- debt repayment
- breaks to give you and your carer some respite
- anything illegal
- something which may damage your health.

### How do I choose who will deliver my care?

When you write your plan the healthcare professional who supports you with it will be able

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to tell you about all the options including available services and providers.

### What if my needs change?

If you need to make changes to your plan you can contact your care co-ordinator at any time. Even if you don't have any issues you would meet with them at regular intervals to check all is going well.

You can also choose to stop your personal health budget at any time and revert to traditional services and care arranged by the NHS.

### Can anyone other than a healthcare professional help me with my personal health budget?

It's possible for a suitable person to make decisions on your behalf if you don't feel you're appropriate or able to, if professionals assessing you agree to this.

You would still be involved in making decisions but the nominated person would take on responsibility for them.

A suitable person might be a family member, friend or someone who is involved in your care without being paid to be. Anyone who isn't a relative or close friend would have to have a criminal record check.

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### How do I find out more and apply?

For more information please visit:

[www.southernderbyshireccg.nhs.uk/your-health-services/personal-health-budgets](http://www.southernderbyshireccg.nhs.uk/your-health-services/personal-health-budgets)

or [www.nhs.uk/personalhealthbudgets](http://www.nhs.uk/personalhealthbudgets)

Or contact Joanne Goodison, commissioning manager at NHS Southern Derbyshire Clinical Commissioning Group for details and to apply:

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