

There are three types of personal health budgets:

Notional Budget – the Continuing Healthcare Team will buy the services you need directly from the service provider.

Third Party Personal Health Budget - we pass on the money to someone you know, who then organises your care for you. Your NHS team will advise you.

Direct Payments – we pass on the money directly to you and you organise your own care.

How can you spend your personal health budget?

If you have a personal health budget, you will be able to use it for a range of things to help meet your health and wellbeing goals, including:

- Agency care staff
- Personal assistants
- Respite care

You will not be able to pay for emergency care and care you normally get from your GP. You are not allowed to spend the money on gambling, debt repayment, alcohol, tobacco or anything unlawful. Your local CCG is entitled to recover any money that is not spent appropriately.

Where can I find out more?

For more information on Personal Health Budgets contact the Continuing Healthcare Team on:

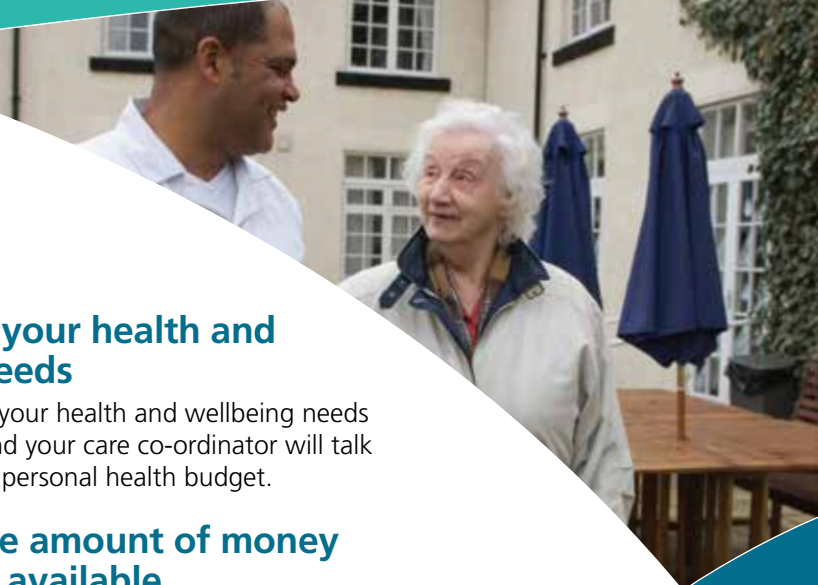
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Central London Clinical Commissioning Group
West London Clinical Commissioning Group
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NHS Continuing Healthcare Personal Health Budgets





What is a personal health budget?

A personal health budget is an amount of money to support your identified health and wellbeing needs, planned and agreed between you and your local NHS team.

This means that you work in partnership with your local NHS team to select treatments and services that meet your needs in a way that is most appropriate for you.

Personal health budgets are aimed at giving you more choice and control over how money is spent on meeting your health care and wellbeing needs.

Together with your NHS team you will develop a care and support plan. The plan sets out your personal health and wellbeing needs, the health outcomes you want to achieve, the amount of money in the budget and how you are going to spend it.

You don't have to change any healthcare or support that is working well for you just because you get a personal health budget, but if something isn't working, you can change it.

How will it help?

A personal health budget enables you to work with your healthcare professional to prioritise the care needs that are important to you and create a care plan that reflects your own personal health and wellbeing goals.

Your care co-ordinator will work with you and those who support you, to decide the best way to use your personal health budget and create a support plan.

How can I get a personal health budget?

There are basic steps to organising a personal health budget:

Find out if you are eligible

Start by talking to your NHS team who currently look after you and find out if you are eligible for a personal health budget.

Understand your health and wellbeing needs

If you are eligible, your health and wellbeing needs will be assessed and your care co-ordinator will talk to you about your personal health budget.

Work out the amount of money that may be available

Your care co-ordinator will work out the amount of money that will be available to you in your personal health budget based on what would usually be spent on care to meet your clinical needs.

Make a personalised care and support plan

Your personalised care and support plan will be developed by you and your care co-ordinator. Together you will design a plan that meets your needs and meets NHS funding rules.

Organise care and support

As soon as your health support plan is approved, your personal health budget needs to be activated. This can be done in a number of different ways:

- Notional personal health budget
- Third party personal health budget or managed account
- Direct payment

Make sure the money is working for you

Your care co-ordinator is responsible for making sure the health and support you are receiving is meeting your needs. As your health and wellbeing goals change so does your personal health budget. Eligibility for funding is reviewed regularly by your Continuing Healthcare Team.