



A brief guide to Personal Health Budgets

more choice and control over your own or your child's care

A Personal Health Budget (PHB) is a way to help with providing care and support. It is an amount of money for a person's health and wellbeing needs. It is planned and agreed between the person and the local NHS team. You will be central in developing a personalised care and support plan. You will talk about and agree your health and wellbeing outcomes, know how much money is available and choose how it is managed and used.

Those who can benefit from a Personal Health Budget include all adults assessed as having a primary health care need and receive a Continuing Healthcare home care package. The care is arranged and funded only by the NHS. Children and young people can also receive a Continuing Care package. A personal wheelchair budget can also help people with long term disabilities. People with Section 117 aftercare, mental health or learning disabilities can also ask their care coordinators about a Personal Health Budget. More information is at the end of this leaflet.

What will my budget be?

Please note, a Personal Health Budget is **not** new money; it is about spending NHS money differently. The amount will vary from person to person, depending on the assessment. This is when you talk with your NHS team about your health and wellbeing, and what you could do differently to maintain your quality of life. You can ask a family member, an advocate or someone else who supports you to be with you at the meeting. What is discussed and agreed is then written down in a care and support plan. Your personal health budget will not be more than the actual cost of your NHS care.

What can I use my Personal Health Budget for?

It can be used to pay for any care or services agreed with your NHS team and Bedfordshire, Luton & Milton Keynes ICB. These will be written in your care and support plan. These might include therapies, personal care and equipment. Consider how self-care, assistive technology, friends and family, as well as community and online groups could help you. For a child or young person, the Education, Health and Care Plan (EHCP) would be used and parents or guardians would hold the budget. You can find examples here: www.peoplehub.org.uk/

What can't I spend my Personal Health Budget on?

It can't be used to pay for alcohol, tobacco, gambling or debt repayment, or anything that is illegal. Also, it cannot be used to buy emergency care or primary care, like seeing a GP or buying medication.

How will my care and support be arranged?

It can be arranged through one or a combination of three ways:

1. A notional budget:

The local NHS team talk with you about how much money is available. The NHS arranges your care and pays for it.

2. A budget held by another 'third party' organisation:

This is an organisation independent of both yourself and the NHS (for example an independent trust or a voluntary group). It is responsible for and holds the budget for you. It arranges your agreed care and support.

3. A direct payment to you to purchase healthcare:

You receive money directly into a bank account and keep records on what is bought with the money. We can tell you about organisations which help employing personal assistants or finding payroll companies. The funding for their support will be included in your agreed budget.

What if something changes or goes wrong?

If your care and support isn't working well for you, please contact your NHS team about it. Your care and support plan will include information on what to do in emergencies. Your plan will be regularly reviewed to see whether your needs have changed. We may also check whether you are still entitled to have NHS Continuing Healthcare.

The Personal Health Budget process is summarised in this diagram



What do I do next?

Contact your NHS team (details below), the local wheelchair services, your Mental Health team, or raise it during the Education, Health and Care Process for children and young people.

Bedfordshire, Luton & Milton Keynes CCG

Personal Health Budgets Contact Details:

Email: blmkicb.phb@nhs.net (9-4pm Monday to Friday)

Tel: 01525 624402 (9-4pm Monday to Friday)

Adult Continuing Healthcare Contact Details:

Email: blmkicb.chc@nhs.net (9-5pm Monday to Friday)

Tel: 01525 624300 (open 9-3pm Monday to Friday)

Children's Continuing Care Contact Details:

Email: blmkicb.childrenscontinuingcare@nhs.net

More Information

Bedfordshire, Luton & Milton Keynes ICB's website:

<https://bedfordshirelutonandmiltonkeynes.icb.nhs.uk/what-we-do/continuing-healthcare/>

NHS websites: <https://www.nhs.uk/using-the-nhs/help-with-health-costs/what-is-a-personal-health-budget/>

<https://www.england.nhs.uk/personal-health-budgets/what-are-personal-health-budgets-phbs/frequently-asked-questions-about-phbs/>

Personal health budgets for children, young people and families:

<https://www.england.nhs.uk/personal-health-budgets/personal-health-budgets-for-children-young-people-and-families/>

NHS Continuing Healthcare for adults and children and young people's continuing care:

<https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

