

All about personal health budgets



This easy read leaflet tells you what personal health budgets are and how you could get one yourself.

All about personal health budgets



This leaflet talks about personal health budgets and tells you:



- What a personal health budget is



- How they can help people



- Who can have one



- How some people use their personal health budget



- Where to get more information

About personal health budgets



A personal health budget is money to pay for things that keep you healthy.

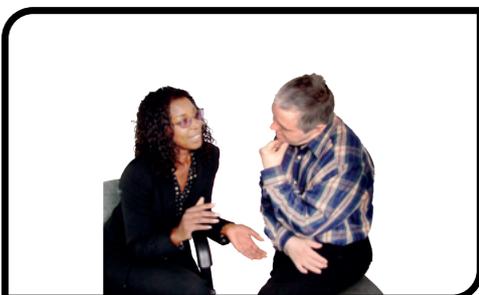


It can make it easier for you to get the care and support that works for you. You have more choice over how your needs are met.

How personal health budgets work



Your local NHS team will support you to write your care and support plan. This will help you understand how you can spend the money.



It could be a nurse, a care manager or someone who helps you make decisions about the support you pay for - this is called a support broker.

Personal health budgets can work in three different ways:



1. **Notional budget** – this means your local NHS team organises your care and support. You know how much money there is to spend and you say how you want to spend it.



2. **Third party budget** - this means the budget is held by an organisation that is not part of the NHS.



3. **Direct payment** – this means you have the money to buy and manage your own healthcare and support. You will be asked to show how you spent the money by your local NHS team.

You can get a personal health budget if you:



- Are an adult who has NHS Continuing Healthcare. A child or young person who can get Continuing Care.



- Have 'section 117 after care' and have been in hospital because of your mental health.



- Have a NHS wheelchair. This is called a personal wheelchair budget and gives you choice over your wheelchair.



- Other people may be able to have one, but this depends on where you live. Your local NHS team will be able to tell you if you are able to have a personal health budget.

What you can use a personal health budget for



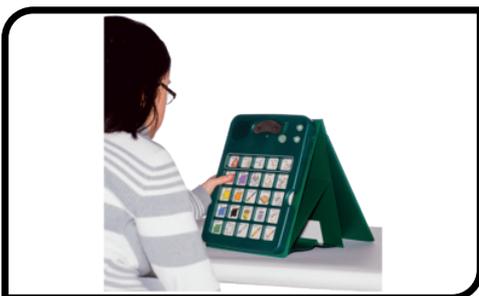
You can use your personal health budget for things such as:



- Personal care.



- Doing things that help keep you well such as swimming, having help to do gardening, attending art or pottery classes.



- Equipment that meets your health needs such as exercise equipment, assistive technologies that can remind you to take your medication or help you communicate.



- Greater choice over your wheelchair if you get a personal wheelchair budget.

You cannot use your personal health budget for:



- Emergency health services.



- Services you usually get from your GP.



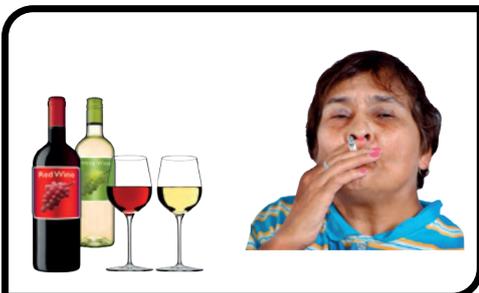
- Things that are not legal.



- Paying money back that you owe.



- Gambling.



- Alcohol and smoking.

Important things about personal health budgets



Your personal health budget should work well for you and keep you safe.



Having a personal health budget should be a good experience.



You have control over decisions.



Organisations that give you health and social care should work with you to give you the best possible service.

Real Life Story 1 - Dylan



Dylan is 19. He has Cerebral Palsy. This means he has difficulty walking and needs a wheelchair to help him move around.



Dylan is currently on a computer course at university.



He is also planning to learn how to drive.



Dylan has a new electric wheelchair, paid for by two things - a 'personal wheelchair budget' and his own social care funding,

Real Life Story 1 - Dylan



Not only does it help him to move around on his own, but also gives him the independence to do other things such as:



- Lower his foot rests so he can move himself from his wheelchair to the shower.

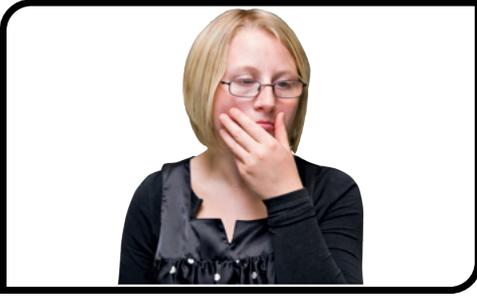


- Change the height of his wheelchair to use kitchen worktops and walk alongside his friends at the same height.



Having a personal wheelchair budget means Dylan is able to live on his own, he does not need a carer, and this saves over £4000 a year. He can now socialise like any other 19 year old student.

Real Life Story 2 - Nicola



Nicola is 24. She has Emotionally Unstable Personality Disorder and is autistic.



Nicola has spent a lot of time in a mental health hospital and has had lots of contact with the police, mental health services and A & E.



When Nicola was in hospital a mental health worker helped her to get a personal health budget.



This helped her to get the services she needed to meet her personal needs.



Nicola talked about the things she enjoys doing like spending time with animals, her dog is very important to her.



Nicola also loves to climb. When she is doing this she feels free and forgets about her worries.



Nicola is using her personal health budget to attend climbing sessions and hopes to be a climbing instructor one day.



Nicola is also attending a horse riding centre and spending time with horses to lower her anxiety.



Since she has been given a personal health budget Nicola has not been admitted to hospital.

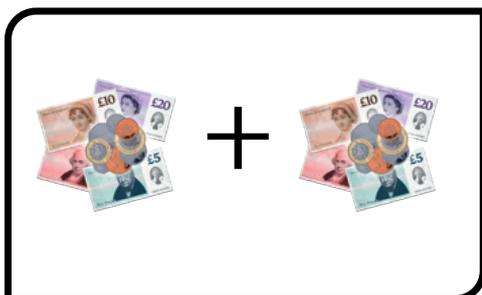
Questions about personal health budgets

How much money will I get in my personal health budget ?



You will need to have an assessment first and then you will find out how much money you can get.

Can I have a personal health budget as well as a personal budget from social services?



Yes, you can ask for both budgets to be put together and have one care and support plan. This is called an integrated personal budget.

Will I have to manage my own care?



You don't need to do everything on your own. As well as the NHS there are other organisations that can help you manage your personal health budget.

Your NHS team will help you get support from these if you want to.

What happens if something goes wrong or my needs change?



If your health changes, or your plan is not working for you, you can ask for things to be changed with the help of your local NHS team.



Will I have to pay towards my healthcare?

No, there must be enough money in your personal health budget to pay for the care you have been assessed as needing.

How to find out more



Look at the following website it will give you more information about personal health budgets:

www.nhs.uk/personalhealthbudgets



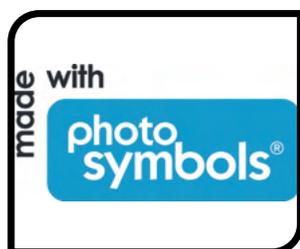
You can find out more about NHS continuing health care here:

www.nhs.uk/chq/pages/2392.aspx



The Peoplehub website helps you to find other people and their families who have a personal health budget:

www.peoplehub.org.uk



This easy read was created by the Friendly Information Company in partnership with Speakup for NHS England and NHS Improvement February 2021