

# Children's and Young People's

# Personal Health Budgets



# What is a Personal Health Budget?

A personal health budget (PHB) is an amount of money provided by BaNES Clinical Commissioning Group (CCG)\* to support someone's identified health and wellbeing needs that are planned and agreed between the person and the local NHS team.

Personal health budgets work in a similar way to the personal budgets that many families are already using to manage and pay for their child/young person's social care.

Personal health budgets offer the opportunity to work in partnership with the CCG about how health and wellbeing needs can be best met. Personal health budgets have been trialled across England and it has been found that they can improve quality of life for many people by giving them more choice and control over their lives.

Personal Health Budgets will be available from April 2014.

\*Bath and North East Somerset Clinical Commissioning Group are responsible for paying for your healthcare.



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# What can I use a Personal Health Budget for?

If you have a personal health budget, you will be able to use this sum of money for a range of things to help you meet your health-care needs, for example, to employ a personal assistant or pay a support agency.

You will not be able to pay for emergency care or for the care you normally receive from a family doctor. You are also not allowed to spend the money on gambling, debt repayment, alcohol or tobacco, or anything unlawful.

You don't have to change the healthcare and support that is working well for you, but if there's something that isn't working, you can change that.

# How Will I Know If My Child/ Young Person Can Have a Personal Health Budget?

At present to be eligible for a personal health budget your child/young person must meet the Children's Continuing Care criteria as set out by the Department of Health.

An assessment of your child/young person's needs is triggered by the CCG and will include input from families, health professionals, education and the local authority. Any professional working with your child/young person can request an assessment.



# How much money will be in the budget?

The amount of money allocated will vary according to a person's individual needs. You will be informed of the indicative budget before you start to make a support plan for your child/young person. The final budget will be agreed after the support plan is written.

# What is support planning?

A support plan is a statement about the support and services a person wants based on their needs. Writing a support plan will allow you to think creatively about how you can use your child's/young person's personal health budget. The plan will identify what is working well and should remain unchanged and what is not working well so changes can be made to help your child/young person reach their health and wellbeing outcomes, goals and aspirations.

You will be offered help to write this plan.



If you are eligible your healthcare manager will then work out how much you will have to meet your healthcare needs. This is called an “indicative budget” which may go up or down following the completion of a personal health plan.

# What can we use the Personal Health Budget for?

If your child/young person has a personal health budget the money can be spent on almost anything that will meet the outcomes that have been agreed by you, your child/young person and the NHS team.

This may include a wide range of things such as employing personal assistants, therapies and equipment. Personal health budgets cannot be used for A&E or hospital treatment or care normally provided by a GP. The money cannot be spent on gambling, debt repayment, alcohol, tobacco or anything unlawful. There may be other exclusions that will be explained when the support plan is written.

## Will I have all the responsibility for my child/young person's care?

You can choose how much support you want to manage things. The amount of support you may need or want can be included in your child/young person's support plan to be agreed with the CCG.



# How will I manage my child/ young person's Personal Health Budget?

There are three methods to hold a personal health budget, you can choose which option would suit you best;

**1.** Direct payments option- in this option you will receive the money either directly into a personal health budget bank account or it can be paid onto a prepayment debit card. You can use this money directly to buy the support agreed in the support plan to meet your child/young person's health and wellbeing needs. You will be asked to show what the money has been spent on and you can have help to manage the direct payment if you want it.

**2.** Third Party option – in this option a different organisation will hold the money on behalf of your child/young person. These organisations will then buy and manage the support you have chosen for your child/young person.

**3.** Notional budget- in this option you will find out how much money is available and will be involved in deciding what care and support is needed to meet your child/young person's health and wellbeing needs. This care will then be arranged on your behalf by the CCG.

**NB** it is also possible to combine any of the above methods to make sure your child/young person is receiving the most appropriate support. You will be offered support throughout the process to help you get going if you decide to hold a personal health budget.

# What about Education, Health and Care Plans (EHCP)?

If your child/young person has an educational statement of special needs it should be possible to pool all the funding into one personalised budget that can be used to meet all of your child/young person's needs, with contributions from education and the local authority.

## Key points

- You do not have to have a personal health budget for your child/young person if you do not want it, you can continue with the services currently provided.
- You can have support at each stage to help make decisions and also with the practical issues of managing the personal health budget.
- You don't have to change any aspect of your child/young person's current support if it is working well but can change things that aren't working so well.
- You should have as much control over the decisions as you and your child/young person wishes.
- NHS, education and social care should work together with you to get the best results for your child/young person.
- Even if your child/young person is not eligible for a personal health budget you can still talk to your NHS team about ways of making the care more personal.
- Holding a personal health budget does not affect any other benefits you may be receiving.



The amount of money a personal health budget contains varies from person to person and will depend on the level of your healthcare needs.

# Need more information?

You can visit PHB pages on:

NHS Choices website at [www.nhs.uk](http://www.nhs.uk)

People Hub website at [www.peoplehub.org.uk](http://www.peoplehub.org.uk)

In Control website at [www.in-control.org.uk](http://www.in-control.org.uk)

Or contact the children's continuing care manager:

Sally Beckley on 07530 263180

[sally\\_beckley@bathnes.gov.uk](mailto:sally_beckley@bathnes.gov.uk)

