



Personal Health Budgets

Information leaflet introducing personal health budgets and who can have one

Who has the right to have a personal health budget or integrated personal budget?

The right to have applies to people who are:

- Adults receiving NHS continuing healthcare (NHS-funded long-term health and personal care outside hospital)
- Children and young people receiving NHS continuing healthcare
- People with mental health problems who are eligible for after-care services under Section 117 of the Mental Health Act
- People who meet the eligibility criteria of the wheelchair service can have a personal wheelchair budget

Based on local health needs NHS Nottingham and Nottinghamshire also offers budgets to:

- Carer's to have an NHS funded break from their caring role.
- People with joint funded health and social care funding = an integrated personal budget who have a
 - ⇒ learning disability and/or autism
 - ⇒ physical disability
 - ⇒ severe and complex mental health need
 - ⇒ dementia

Will a personal health budget affect my benefits?

No - Personal Health Budgets are not a welfare benefit and are not part of the benefits system. This means they are not taken into account when calculating your benefits entitlement.

For more information on personal health budgets please read leaflets 2 - 6 or visit the NHS website <https://notts.icb.nhs.uk/>

Leaflet 1 of 6

The NHS is keen to have a new relationship between people and professionals. It means making the most of the expertise, capacity and potential of people, families and communities. A personal health budget is one way to provide greater flexibility, choice and control over your care and support.

What are the different types of budgets?

are 3 types of budgets to meet your health and / or social care needs. All follow an assessment of an individuals needs and working together to write a personalised care and support plan:

- ◆ A personal budget

A personal budget is solely funded by the local authority for your social care and support needs. It is for individuals eligible for care and support under the Care Act 2014. It is **not** a budget to meet an individuals health needs.

- ◆ A personal health budget

It is solely funded by the NHS. A personal health budget is an amount of money for your **healthcare, wellbeing and support needs**. This is planned and agreed between you and your NHS team by writing a care and support plan.

- ◆ An integrated personal budget

Is jointly funded by health and social care. An integrated personal budget is an amount of money to support your **health, wellbeing and social care needs**. This is planned and agreed between you, your NHS and social care team by writing a care and support plan. It is funded by the NHS and the Local Authority (social care).

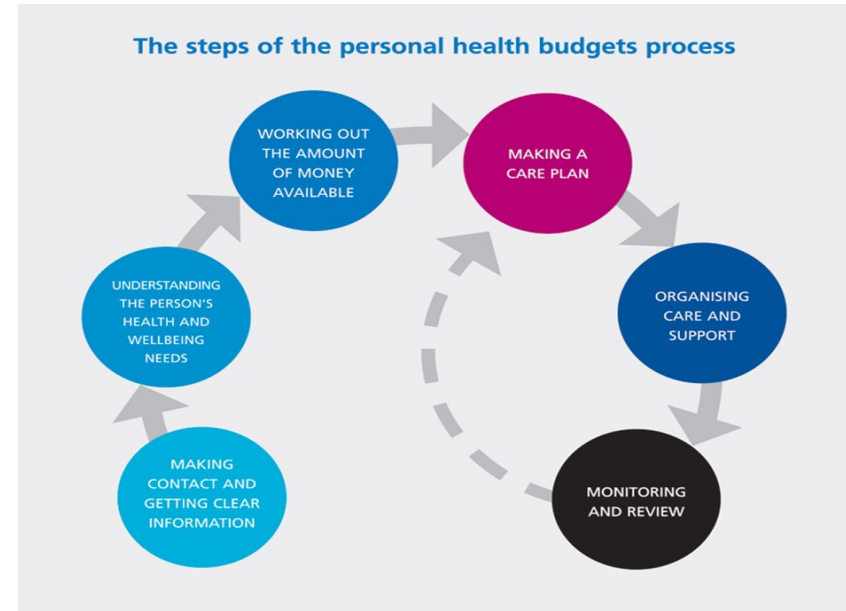
The ultimate goal of having a budget is to:

- ◇ improve peoples quality of life and psychological wellbeing,
- ◇ help people feel in control of their health and
- ◇ remain independent and promote self-management.

“Since having my personal health budget things have been far better for me, as I regularly use things that work for me”.

“Having a person-centred care and support plan empowered Karl to get the appropriate care. It sounds simple, but it’s radical. It’s not box ticking, it’s about the person”

There are 6 steps to having a budget, as outlined below:



A personalised care and support plan is central to all budgets and you need to be central in developing it.

It is a conversation in which you, your NHS team along with people who know you well understand **‘what matters to you’?**

It is important that you are:

- Able to agree your health and social care outcomes.
- Told how much money is available to you .
- Given a budget that meets your needs.
- Given options on how to manage your budget.