

Do you have a moment to tell us what you think...

It's important to understand what works well and could be better, we would welcome feedback on the end-of-life journey of a family member or friend.

Giving your thoughts will help us to shape end-of-life care for the better.

You can share your thoughts by using your camera on your smartphone or electronic device to scan the QR code which will take you to an online form.

what matters to you?



For information on NHS Continuing Healthcare and the Fast-Track Pathway, please visit <https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

For more information on the NHS 'About Me' form, please visit www.notts.icb.nhs.uk/your-health/personalised-care-2/supporting-you/about-me/

For more information on Fast Track Personal Health Budgets please email at: nnicb-nn.personalisedcare@nhs.net

To request this information in another language or format please email: nnicb-nn.engagement@nhs.net or call/text the Engagement Team on **07385 360071** leaving a message with your contact details and a member of the team will get back to you

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REVISION
NOVEMBER 2023



Personal Health Budget

Fast Track
Continuing
Healthcare (CHC)
Personal Health
Budget



what matters to you?

Personalised care

ask what matters - listen to what matters - do what matters

What is a Fast-Track Personal Health Budget?

It's a sum of money used to support your health and wellbeing needs as agreed between you (or someone who represents you) and your local NHS team.

It's not new money, but it may mean spending money differently so that you can get the care you need in the way it matters to you.

It allows you to manage your healthcare and support, such as treatments, equipment and personal care, in a way that suits you.

You have a right to a Personal Health Budget if, after having a Fast-Track Assessment, you become eligible for NHS Continuing Healthcare (CHC) funding under the Fast-Track Pathway.

What does a personal health budget aim to achieve

Personal Health Budgets are one way of providing more personalised care by organising the care and support based on your needs as an individual.

It means you have conversations much earlier about your needs and how you wish to be supported in the last months and weeks of your life. *This means:*

Planning and providing care that matters to you to make your end-of-life journey as straightforward as possible, for you and those closest to you.

A personalised approach if you are at the end of your life and wish to remain at home.

More choice about who provides your care, where it is received and your preferred place of passing.



A Fast-Track Personal Health Budget can be used for:

Retaining existing carers who know how best to meet your needs.

Giving you more freedom to explore other options.



It can't be used for...

Alcohol, tobacco, gambling or debt repayment, or anything illegal.

Emergency care.

Primary care services, such as seeing a GP or buying medication.

Top-up care home fees.

An 'About Me' form is what the NHS refers to as a Personalised Care and Support Plan. *It is an essential step to having a personal health budget.*

An 'About Me' document is a record of the things that are important to you and will help ensure you get the care you want and need. You can complete it yourself or with the support of family, friends and/or the health professional who knows you best. Any health or care professional will be able to provide you with an 'About Me' form.

what matters to you?

A Different Conversation

We want to help you to have a different conversation with those supporting you with the end-of-life care you wish for, such as family, friends, community nurse, hospital staff and GPs.

It's important that you are supported to understand all the information you are given at the start of your end-of-life journey so you can make decisions about your care based on what matters to you.

A good way to do this is to consider the following questions when speaking with the health care professional supporting you:

- **What matters most to me?** By planning, sourcing and providing care, we aim to make your end-of-life journey as smooth as possible for you and those closest to you.
- **What care do I already have in place?** Is the care I currently receive working well, and would I like it to continue unchanged?
- **What support would I like?** Who would I like to support me, and how often?

By having these conversations earlier, we aim to support and respect your wishes and move away from a 'one size fits all' care package.

While it is not always possible to replicate the support available within hospitals or care homes, such as 24-hour nursing care, we aim to support you in receiving end-of-life care that is meaningful and impactful to you, balancing your clinical needs with your personal preferences.