

# All about personal health budgets



# What is a personal health budget?



A personal health budget is NHS money to pay for a person's health and wellbeing needs. Personal health budgets are for children and adults.



A personal health budget can make it easier for you to get the care and support that works for you.



With a personal health budget, you decide what you want your support to look like with the agreement of your NHS team.



You have more choice and control about how your needs are met and you can be flexible about what your support looks like.

# How personal health budgets work



You will be told how much money is in your personal health budget.

There are three different ways to manage the money:



1. **Notional budget** – you know how much money is in your personal health budget and you can say how you want it to be spent.



You tell the local NHS team that you want them to organise your care and support.



You are not responsible for managing the money.

# How personal health budgets work



2. **Third party budget** – you know how much money is in your personal health budget and you can say how you want it to be spent.



You tell the local NHS team that you want the money to be held by an organisation that is not part of the NHS. This could be an organisation that provides care and support.



You are not responsible for managing the money.

# How personal health budgets work



3. **Direct payment** – you know how much money is in your personal health budget and you can say how you want it to be spent.



You set up a separate bank account.



You have the money to buy and manage your own care and support.



You are responsible for how the money is spent and you will be asked to show how you have spent it.



It is important that you choose how to take your personal health budget.



Your local NHS team will then help you write your care and support plan. This says how you want your support to be so you can live life the way you want to.

# Who can have a personal health budget?



Some people have the right to have a personal health budget – that means that they have to be offered one:



1. People with long-term complex health and care needs funded by the NHS. This is known as NHS continuing healthcare.



2. A child or young person under 18 who has complex health needs funded by the NHS. This is called NHS continuing care.



3. Adults who have Section 117 Aftercare funding.

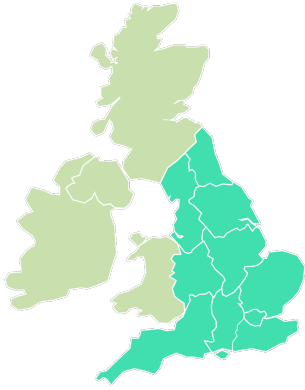


This can happen when you have been in hospital because of your mental health.



4. Children and adults who have an NHS wheelchair. This is called a personal wheelchair budget and gives people choice about the wheelchair they have.





Other people may be able to get a personal health budget. It depends on where you live. You can talk to your NHS team to find out if you can get a personal health budget where you live.



If you are not in a group that has a right to a personal health budget, but you are interested in receiving one, speak to your local Integrated Care Board.



Integrated Care Boards make the arrangements for personal health budgets and are encouraged to offer them to other groups of people who need support.

[Find your local Integrated Care Board](#)

# What can you use your personal health budget for?



You can spend your personal health budget on things that help you meet the outcomes in your care and support plan:



- Support from a person to help you with things like getting dressed.



- Support from a person to help with eating and drinking.



- Support for doing things that help you stay healthy, like.....



....swimming.....



....going to the gym.



- You can use your personal health budget to pay for doing something that helps you stay healthy and feel good, like an art class....



....or a book group.



- You can use your personal health budget for equipment that helps with your health needs like exercise equipment or technology that helps you communicate or remember to take your medication.



- You can use your personal health budget to have more choice over the wheelchair that works best for you if you get a personal wheelchair budget.



**There are things you can NOT use your personal health budget for:**



Things that are not legal.



Debts – paying back money that you owe.



Gambling.



Alcohol and smoking.



Emergency health services.



Support you get from your GP.

# Making sure personal health budgets work



There are six key things that the NHS needs to make sure are happening if they want to be sure someone really is getting a personal health budget. The person should:



1. Be at the centre of what their care and support plan says and agree who is part of writing it.



2. Be able to agree the outcomes they want to achieve – what is important to them....



.....this is as part of a conversation with professionals from health and social care and the person's family and friends.



3. Know how much money is in the budget before they plan their care and support (this might not happen if the person has a very small budget).



4. Have enough money in the budget to meet the outcomes that have been agreed.



5. Be able to choose to manage the personal health budget as a direct payment, a notional budget, a third-party budget or a mix of these.



6. Be able to use the money to meet their outcomes in ways they want to, as agreed in their care and support plan.

**All of these things must be true if someone has a personal health budget.**



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