

# Personal Health Budgets for Children and Young People

## An Introduction



## What is a Personal Health Budget?

A Personal Health Budget (PHB) is an amount of money to support your child's identified health and wellbeing needs, planned and agreed between you and your local clinical commissioning group (CCG).

Personal health budgets are aimed at giving you more choice and control over how money is spent on meeting your child's health care and wellbeing needs.

Together with your Children's Continuing Care Nurse you will develop a care and support plan. The plan sets out your child's personal health and wellbeing needs; the health outcomes you want to achieve; the amount of money in the budget and how you are going to spend it.

You don't have to change any healthcare or support that is already provided and working well for your child but if something isn't working, you can change it.

## Who can have a Personal Health Budget?

From 1 April 2014, children and young people up to the age of 18 years who are eligible for Children's Continuing Care funding have a right to ask for a personal health budget.

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

Your child's existing Continuing Care funding or care package will remain in place if you choose not to have a personal health budget. It is completely voluntary.

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

## How is a Personal Health Budget managed?

There are three ways of holding a PHB, you can choose which option would suit you best.

### **Notional Budget**

Your local NHS team holds your budget so no money changes hands. The Children's Continuing Care Nurse tells you how much money is available and discuss the different ways to spend that money on meeting your child's needs.

### **Third Party Budget**

The budget is paid to an organisation or trust that holds the money on your behalf, helps you to decide what your child needs and buys the care and support that you have chosen.

### **Direct Payment**

The budget is normally held by the parent/carer, a nominated person or representative in a dedicated bank account. The care and support your child needs, as agreed between you and your Children's Continuing Care Nurse, is bought by you. You must provide evidence of what you have spent your child's budget on at regular intervals and manage the services that you have bought.

## Are there things a Personal Health Budget cannot be used for?

A personal health budget must only be used to meet your child's health and well-being outcomes that are identified and agreed with the Children's Continuing Care Nurse in your child's care and support plan.

You can use a personal health budget to pay for a wide range of items and services, including therapies, personal care and equipment. This will allow you more choice and control over the health services and care your child receives.

There are certain things that a personal health budget cannot be used for:

- Emergency care
- Surgical procedures
- Services that are already provided for everyone by the NHS free of charge such as the service your GP provides
- Prescription or dental charges
- Alcohol, gambling or tobacco
- Repaying a debt
- Anything unlawful.

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

EHCP will be phased in for all children and young people who have a statement of special educational need from 1 September 2014. This will begin with children with Special Educational Needs or Disabilities (SEND) initially entering education. The aim is that all children and young people with SEND will have an EHCP by 2018.

When the EHCP is in place it should be possible to pool all the funding into one budget that can be used to meet all of your child/young person's needs. This may include money for home to school travel and some therapies that are normally provided via the school such as speech therapy.

## Further Information

Children's Continuing Care Team  
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**NHS England Website on personal health budgets:**  
[www.personalhealthbudgets.england.nhs.uk](http://www.personalhealthbudgets.england.nhs.uk)

**Totalk to other people who already have a personal  
health budget:**  
[www.peoplehub.org.uk/](http://www.peoplehub.org.uk/)