

An introduction to personal health budgets

For people aged 18 and over



What is a personal health budget?

A personal health budget is an amount of money to support your identified health and wellbeing needs, planned and agreed between you and your local NHS team.

This means that you work in partnership with your local NHS team to select treatments and services that meet your needs in a way that is most appropriate for you.

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

Together with your NHS team you will develop a care and support plan. The plan sets out your 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 working well for you just because you get a personal health budget, but if something isn't working, you can change it.



Who can have a personal health budget?

From 1 April 2014, people who are eligible for NHS Continuing Healthcare funding have a right to ask for a personal health budget.

Your Continuing Healthcare funding and care package will remain in place if you choose not to have a personal health budget. It is completely voluntary.

How is a personal health budget held?

It can be held in any one or more of the following ways:

Notional Budget

Your local NHS team holds your budget so no money changes hands. Your local NHS team tell you how much money is available and discuss the different ways to spend that money on meeting your needs.

Third Party Budget

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

Direct Payment

Your budget is held by you, a nominated person or representative in a dedicated bank account. The care and support you need as agreed between you and your local NHS team and is bought by you. You must provide evidence of what you have spent your 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 health and well-being outcomes that are identified and agreed with your local NHS team in your 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 you receive.

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.

Further information

Bristol Clinical Commissioning Group Continuing Healthcare
CHC Programme Support Manager
South Plaza, Marlborough Street
Bristol
BS1 3NX

Tel: 0117 900 2283

email: chcprogrammenhsbristol@nhs.net

www.personalhealthbudgets.england.nhs.uk/index.cfm