

Personal Health Budgets

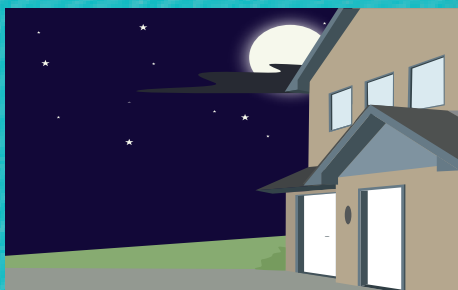
—— Easy Read ——



About me and my Personal Health Budget



My Name



My Address



Who is supporting me?

Notes about my Budget

What is a Personal Health Budget?



It is money you get to pay for your healthcare.



At the centre is your care plan, this helps you decide how you want your healthcare to be managed with your local NHS team.



You agree with the NHS team the best way to spend your money. This could be with your doctor or care manager.



Having a personal health budget means you know how much money there is for your healthcare.



It also means you have more of a say about your healthcare.

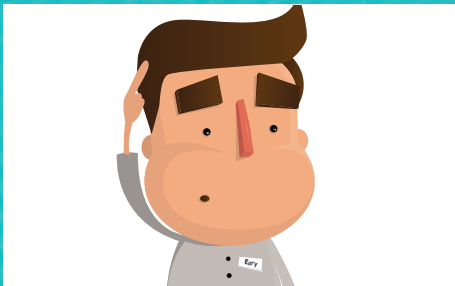
How do they work?



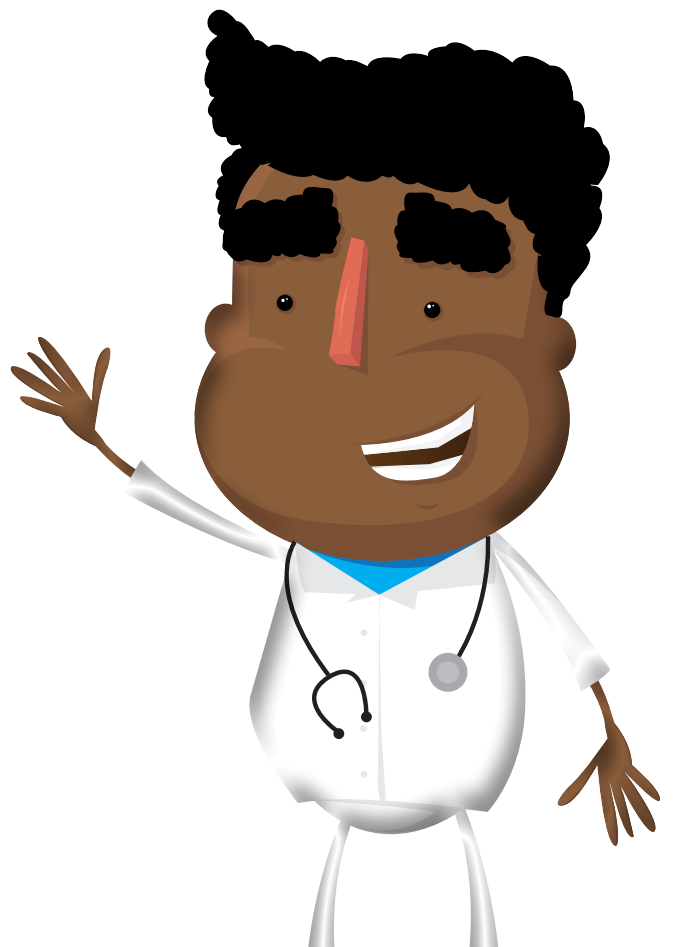
The money you get must be spent on things in your care plan that keep you healthy and safe.



The local NHS have to agree that these things are helping your health.



If you want to change things with your healthcare then you can if you want to.



Personal Health Budgets work in 3 ways:

1. Notional budget



This is not money given to you, it is money which your health provider will use to pay for services to support you.

There is an assessment and you are told how much money you can then use to help you pay for your healthcare.



You decide how the money will be spent and your local NHS team agrees whether this money is supporting you.

2. Real budget held by a third party

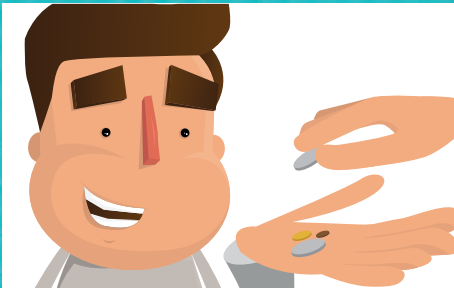


An organisation, like a charity looks after the money for you and helps you decide how you want to spend it. They are called the third party.



If the local NHS agrees with how you want to spend your money, the organisation you choose buys the care and support for you.

3. Direct payment for healthcare



The money is given to you to buy and manage your own healthcare and support.



Your local NHS team must agree that this meets your needs.



You have to tell your local NHS team what you will spend the money on.

You can use your personal health budget for:



Personal Care.



Training to help you look after your health.



Equipment to help meet your health needs.

You can't use your personal health budget for:



- Emergency health services.
- Services you would get from your family doctor.



- Things that are not legal.
- Paying back people you owe money to.



- Alcohol or cigarettes.
- Gambling.



- You do not have to use a personal health budget if you don't want to.



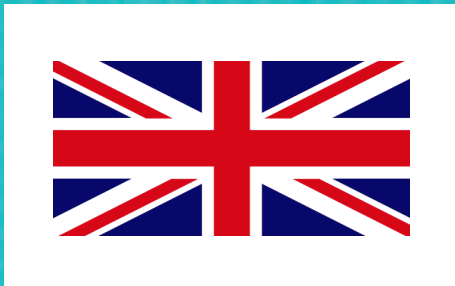
- You should have as much control over decisions as you want.



- Organisations that provide your healthcare should work with you and each other as best they can.



Personal health budgets are helping people with disabilities or illness which will last for a long time.



Personal health budgets were tried in some parts of England and it was found that people's lives got better and people went to hospital less often.



From October 2014 anyone receiving NHS Continuing Healthcare can request a Personal Health Budget. From April 2015 they are able to request a Direct Payment.

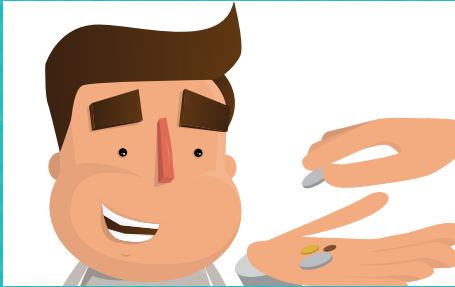
The difference between different budgets



A personal health budget is for your NHS healthcare and support needs.



A personal budget is for your social care and support needs.



An individual budget includes your social care and support needs plus other funding which helps you to live your life.

A direct payment is one way of managing your budgets, where you get the cash to buy the agreed care and support you need.

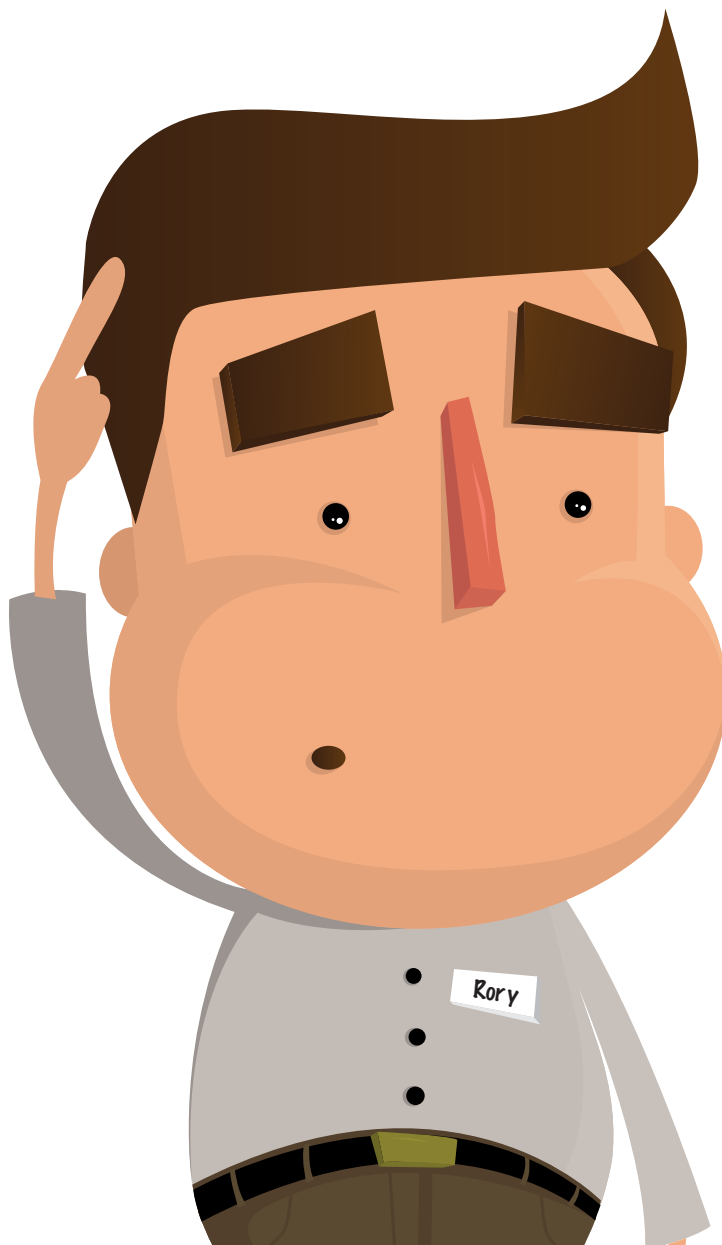
www.nhs.uk/choiceintheNHS/Yourchoices/personal-health-budgets/Documents/easy-read-phb-2013.pdf



Personal Health Budgets
How much can you
remember?

Personal Health Budgets

Quiz





Can you answer these questions?

What do you get a personal health budget for?



Who has to agree what you spend it on?

You

You and your local NHS Team

☐☐

How many types of personal health budgets are there?

One

Two

Three

☐☐☐



Can you use your personal health budget on equipment to meet your health needs?

Yes

☐

No

☐

Can you use your personal health budget to pay people back money you owe?

Yes

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No

☐

Can you use personal health budgets for emergency services?

Yes

☐

No

☐



Do you get a say in which
healthcare you choose?

Yes

☐

No

☐

Want to know more?

Contact the team

Phone

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Email

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**For more accessible resources,
booklets, leaflets workbooks, DVDs
and training, visit our website or
give us a call.**



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