Introduction to Personal Health Budgets

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Agenda

- What is a personal health budget?
- New for the NHS
- The Steps of a Personal Health Budget
- PHB eligibility
- Five essential parts of a PHB
- Options to receive a PHB
- What I can spend my PHB on?
- PHB restrictions
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- Real PHB stories
What is a Personal Health Budget?

‘A personal health budget (PHB) is an amount of money paid to you by the NHS to meet your health and wellbeing needs’
Personal health budgets – new for the NHS

• Help people live with their long term conditions and stay out of hospital
• Change the relationship
• Enable people to use the same money in new ways
• Focus on outcomes for person and family
• Centre around a care plan which is agreed by NHS
• Regularly reviewed to ensure needs are being met and money is spent as agreed
• Not suitable for all NHS care
The steps of the personal health budgets process

1. Understanding the person’s health and wellbeing needs
2. Working out the amount of money available
3. Making a care plan
4. Organising care and support
5. Making contact and getting clear information
6. Monitoring and review
PHB Eligibility

- April 2014 – patients had the *right to ask* for a Personal Health Budget if they meet CHC eligibility.
  - The patient needs to be an adult, living in their own home, registered with a GP in Tower Hamlets
- Since 1 October 2014, this is a *right to have* a Personal Health Budget
- From April 2015, patients with LTCs have the *right to ask* for a Personal Health Budget. CCGs must consider their request.
- **NHS Mandate Objective:** “by 2015… more people managing own health… everyone with LTCs including MH, offered a personalised care plan… patients who could benefit have the option to hold a personal health budget… information to make fully informed decisions.”
Five essential parts of a PHB

The person with the personal health budget (or their representative) must:

• be able to choose the health outcomes they want to achieve
• know how much money they have for their health care and support
• be enabled to create their own care plan, with support if they want it
• be able to choose how their budget is held and managed
• be able to spend the money in ways and at times that make sense to them, as agreed in their plan
Three options to receive a PHB

1. Direct payment
   This payment is placed in a separate bank account. Receipts must be kept of all payments made.

2. Notional budget
   The NHS will manage your budget for you.

3. A budget is held by a third party
   You can nominate a third party organisation to manage and arrange your care.
What can I spend my PHB on?

- employing carers to help you manage day-to-day
- respite care, for you and your carer
- purchasing equipment to support your mobility
- alternative therapies
- social activities that will improve your health and wellbeing
- supportive technology including computers and iPads
- travel expenses to access services
PHB restrictions

- emergency or acute services
- GP services
- NHS charges
- surgical procedures
- medication
- vaccination/immunisation
- screening
- gambling
- debt repayment
- tobacco
- alcohol
- anything illegal
More information

• A is available to download from the Tower Hamlets CCG website.

• Frequently asked questions are now available:

http://www.towerhamletsccg.nhs.uk/services/personal-health-budgets.htm
Real PHB Story

Tom's story

Tom, 18 and from Dorset, lives and works on the family farm. Tom lost the use of his left side after a brain haemorrhage. With a traditional CHC package, Tom would have needed to receive treatment and recover in hospital. With a Personal Health Budget, he was able to rehabilitate at home with scheduled visits from a trained carer. Combined with a return to physical work on the farm, this approach helped Tom’s left-side functioning improve dramatically. He returned to work six months earlier than expected.