

# Your health Your choice Your budget

## Personal Health Budgets

For people using health and hospital services frequently.



### What is a personal health budget?

A personal health budget (PHB) is an amount of money based on your health and wellbeing needs which you are able to spend in line with your personal support plan. This plan is agreed between yourself and local NHS professionals. Our vision for personal health budgets is to enable adults and children who use health services frequently to have greater choice, flexibility and control over the healthcare and support they receive.

You don't have to change healthcare and support that is currently working well for you, but if you would like more choice and flexibility a personal health budget may work well for you.

### Who can have a personal health budget?

To be eligible for a personal health budget you need to be using community health and hospital services frequently, with health needs such as:

- Continuing Health Care
- Children with an Education Health and Care Plan
- Long-term rehabilitation
- Long-term health conditions
- Long-term mental health needs
- Learning disability or autism and mental health needs

### What happens if my needs change?

Your personal health budget will be reviewed at regular intervals with NHS healthcare professionals to ensure you are reaching your goals and that you have the care and support you need.

### How do I apply for a personal health budget?

To find out if you are eligible for a personal health budget you will need to provide some information on a form, called the Expression of Interest form. Using the information you provide you will be given a suggested budget based on your current use of health services. This is not new or additional money but the same money invested differently. With the information provided you will be able to make an informed decision about whether or not a personal health budget is right for you.

If you want to proceed you can then develop your personal support plan based on the amount of funding available. Help is available to write this plan before it is sent into NHS Tameside and Glossop CCG for agreement by a personal health budget funding panel. Everyone's needs and situations are different and your personal health budget will be worked out with you.

### What can I spend my budget on?

Your budget must be spent on meeting the health goals agreed in your personal support plan. This may include services such as personal support, therapies or specialist equipment.

### What can't the budget be spent on?

The following are not available as part of a personal health budget:

- GP services
- Unplanned emergency care/surgical procedures
- Vaccination and immunisations
- Screening, health checks and child measurement
- Medication
- Prescription charges or other NHS charges
- Anything illegal
- Alcohol, tobacco, debt repayment



## How could I receive and manage my budget?

Personal health budgets can take four forms:

**1. Direct Payment** Your budget is held by you, a nominated person or representative in a dedicated bank account/prepaid debit card. The care and support you need as agreed in your personal support plan is bought by you. You must provide evidence of what you have used your budget for at regular intervals and manage the services that you have bought.

**2. 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 budget on meeting your needs but it is your NHS team that pay the bills on your behalf.

**3. Third Party Budget** A third party budget service is where the CCG pays money directly to an organisation, chosen by you, who will manage all financial aspects of your personal health budget. This may include directly employing and managing any Personal Assistants that you choose to work with you on your behalf. The third party will receive your personal health budget and make payments on your behalf in a way that has been agreed in your Support Plan and report on all expenditure on your behalf.

**4. A combination of the above...**- you can choose to take part of the funding as a direct payment and ask the CCG or a Third Party service to manage the rest on your behalf.

### For more information:

To learn more about what is happening in other parts of the country and to see stories of how people have used personal health budgets to support their health you may find the following websites useful:

[www.dh.gov.uk/personalhealthbudgets](http://www.dh.gov.uk/personalhealthbudgets)  
[www.peoplehub.org.uk](http://www.peoplehub.org.uk)



A lot more information is available on the CCG website, [www.tamesideandglossopccg.org/your-health/personal-health-budgets](http://www.tamesideandglossopccg.org/your-health/personal-health-budgets). You can also join the **Personal Health Budget Peer Network** which meets regularly by contacting Colin Royle at: [colin@peoplehub.org.uk](mailto:colin@peoplehub.org.uk) or telephone: **0777 303 4938**. The Network will give you the opportunity to meet people living in the area who have a personal health budget or would like to learn more about them, you can hear other people's experiences and have open and honest conversations in an informal atmosphere.

The Peer Network will also have an important role in influencing the development of personal health budgets in Tameside and Glossop.

### How do I get started as I am interested to find out if a personal health budget is right for me?

To find out if a personal health budget is right for you, you will need to complete an expression of interest form which can be downloaded from the website or alternatively you can request one by contacting the personal health budget Coordinator, Tracy Turley. Tracy can also offer you advice and guidance at any stage of the process.

Email: [TGCCG.phb@nhs.net](mailto:TGCCG.phb@nhs.net)  
Telephone: **0161 304 5300**

We would also recommend that you discuss having a personal health budget with your local NHS healthcare professional as they can also offer you guidance and support.