

What can you spend your personal health budget on?

Your personal health budget can be used to buy the things that have been agreed in your care support plan.

Some examples of what can be purchased are:

- Agency care staff
- Personal Assistants
- Ways of getting out and meeting other people
- Respite care
- Equipment to make it easier to be at home
- Anything else which is clearly linked to meeting the agreed health outcomes of the care plan and not on the following list

What can't it be used for?

- Anything illegal
- Gambling
- Debt repayment
- Tobacco
- Alcohol
- Anything not directly linked to the agreed outcomes in your care support plan

Where can I find out more?

If you want to know more, or have any questions about personal health budgets, you can call and speak to a member of Surrey's continuing healthcare team on 01372 201711.

For Children or Young Person's Personal Health Budget —

Tel: 01483 405461

Email: GWCCG.SurreyChildrensContinuingCare@nhs.net

Surrey Independent Living Council—Tel: 01483 458 111

You can also find out more online, including real life stories at www.nhs.uk/personalhealthbudgets

A guide to personal health budgets in Surrey for continuing healthcare clients



Giving you more choice and control about your care

What is a personal health budget?

A **personal health budget** is an amount of money made available to a person receiving NHS care to allow them to purchase care that is tailored to their individual needs. The allocation of this budget is agreed between the individual and their continuing healthcare team, based on their assessed individual health and wellbeing needs and a detailed care and support plan which identifies both healthcare and well-being outcomes.

Who can have a personal health budget?

Right now if you are registered to a GP in Surrey, are eligible for NHS Continuing Healthcare funding and are receiving your care at home, you can ask for a personal health budget.

How will it help me?

Many people have said that by using a personal health budget, they have more flexibility, and more choice and control over their care. A personal health budget enables you to work with a healthcare professional to prioritise the care needs that are important to you and create a care plan that reflects your own personal health and social goals.

How can I get a personal health budget?

There are six basic steps to organising a personal health budget:

1. Find out if you are eligible

Start by talking to the NHS team who currently look after you to find out if you would be eligible for a personal health budget.

2. Understanding your health and wellbeing needs

If you are eligible, your health and wellbeing needs will be assessed by your multi-disciplinary team (which may include a community nurse, social worker, and other health professionals). The team, supported by a continuing healthcare nurse, will talk to you about how a personal health budget could work.

3. Working out the amount of money that may be available

If you have been receiving continuing healthcare for three months you will be reviewed to see if your health needs have changed. If you still need continuing healthcare, your nurse will work out the amount of money that will be available to you in your personal health budget based on what would usually be spent on care to meet your clinical needs.

4. Making a personalised care and support plan

If you choose to have a personal health budget you will need to have a personalised care and support plan (sometimes called a health support plan). This is developed by you and your continuing healthcare nurse - together you will design a plan that meets your needs and meets NHS funding rules. Throughout this planning process, you can choose to be supported by an Independent Living Advisor from Surrey Independent Living Council if you would find that helpful.

5. Organising care and support

As soon as your health support plan has been approved, your personal health budget will need to be activated – this can be organised in a number of different ways, or a combination of all three;

- **Notional personal health budget** – the Continuing Healthcare team will buy the services you need directly from the service provider (e.g. a care agency, or if you are in permanent residential accommodation)
- **3rd party personal health budget** – we pass on the money to someone you know, who then organises your care for you
- **Direct payment** – we pass on the money directly to you, and you can organise your own care

6. Making sure the money is working for you

Your continuing healthcare nurse is responsible for making sure the help and support you are receiving is meeting your needs. As your needs change, so might your personal health budget. Eligibility for continuing healthcare funding is also reviewed regularly.