An introduction to personal health budgets
For children and young people
What is a personal health budget?

A personal health budget is an amount of money to support your child’s 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 services that meet their 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 already provided and working well for you but if something isn’t working, you can change it.
Who can have a personal health budget?

From 1 April 2014, children and young people up to the age of 18 years who are eligible for Children’s Continuing Care funding have a right to ask for a personal health budget.

At present, to be eligible for a PHB the child or young person must meet the Children’s Continuing Care criteria as set out by the Department of Health.

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

Personal health budgets work in a similar way to the Direct Payments that many families are already using to manage and pay for their child/young person’s social care.
How is a personal health budget managed?

There are three methods to hold a personal health budget, you can choose which option would suit you best;

**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 to decide what you need and buys the care and support that you have chosen.

**Direct Payment**
The 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.
What about Education, Health and Care Plans (EHCP)?

If your child/young person has an educational statement of special needs it should be possible to pool all the funding into one budget that can be used to meet all of your child/young person’s needs.

This may include money for school transport and some therapies that are normally provided via the school such as speech therapy. EHC Plans will be applicable from September 2014.
Further Information

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NHS England Website on personal health budgets:
www.personalhealthbudgets.england.nhs.uk

To talk to other people who already have a personal health budget:
www.peoplehub.org.uk/