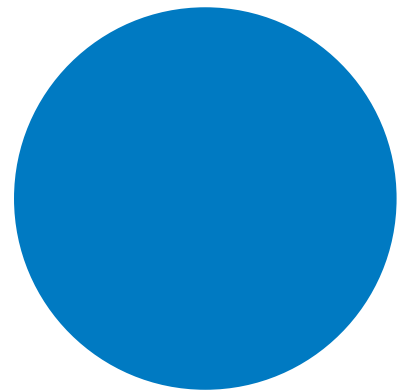
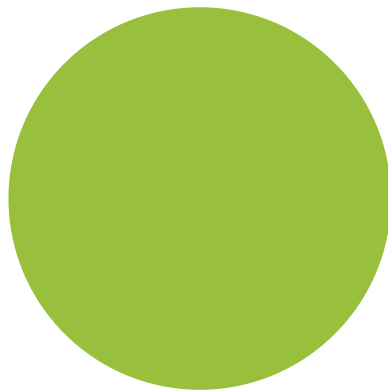
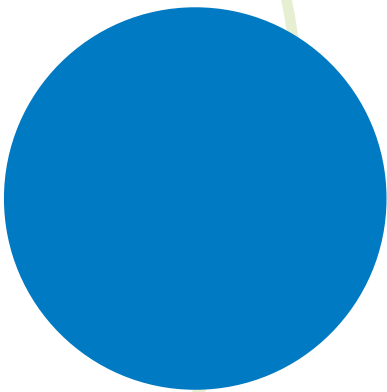


HEALTH CARE Choices

Understanding
Personal Health Budgets



Introduction

This leaflet is for anyone who comes into contact with patients who may be eligible for a Personal Health Budget to pay for their healthcare needs. The purpose of this leaflet is to help you explain what this new way of providing services means for those who are entitled, and the benefits it can bring to the lives of patients.

What are Personal Health Budgets?

NHS patients in England can now choose the health services (such as physiotherapy or home nursing) that they think best meet their needs. Those who are eligible will be told how much money is available to meet their needs and will be supported to develop a plan to decide how that money will be spent. They can receive the money in a range of different ways including as a direct payment (money paid into a separate personal bank account) or choosing services up to the value of the budget. It gives them choice to decide what care will work best for them and improve their wellbeing.

What does this mean for those who are eligible?

It means they are able to choose what care and support they'd like to use to meet their needs. This could mean they choose a range of different options and providers.

Lots of people have said that being able to choose their own health care makes them feel more involved and positive, which benefits their overall wellbeing.



What type of support could they choose?

These are meant as examples of what the budget could be spent on. If there's something else that would make a real difference to the patient's health and wellbeing then check with

Patients can only spend their Personal Health Budgets on things which will meet their healthcare needs.

| Healthcare Need | Possible solution |
|---|---|
| Obesity and ways of promoting healthy eating and weight loss | <ul style="list-style-type: none"> • Personal exercise equipment, e.g. treadmill, exercise bike, bicycle • Personal Health Trainer • Kitchen equipment • Bathroom scales • Cost of joining a slimming club |
| Reduce anxiety, improve circulation and pain relief | Massage and alternative therapies such as aromatherapy |
| Stop smoking | A range of alternative therapies |
| Improving health and wellbeing and minimising risks of depression. This is often achieved via opportunities to socialise and access the local community | <ul style="list-style-type: none"> • Ways of getting out and meeting other people such as leisure activities/hobbies that keep patients occupied and stimulated • Equipment for leisure activities/hobbies such as art materials, study books or sporting equipment • Travel costs to pursue these activities • Funding to be accompanied to an activity if the patient needs this. |
| Breathing difficulties | Purchase of air-conditioning or de-humidifying equipment |
| Mobility problems/wheelchair users | Equipment to improve access around the home, for example ramps to improve access to different parts of the home or garden |

What can't they choose?

- Emergency or acute services, which are already provided by the NHS to everyone in the country without charge.
- The vast majority of primary healthcare services (including visits and assessments), as GPs provide a comprehensive, registration based service, which is free at the point of access.
- Anything illegal
- Gambling
- Debt repayment
- Tobacco
- Alcohol
- Treatments (like medicines) that the NHS would not normally fund because they are not shown to be cost-effective.

What are the benefits of this new way of working?

Personal Health Budgets can lead to greater levels of self management, and self care, improve the quality of people's lives and help to keep people as independent as possible.

They can also impact on greater efficiency and can be a better use of support services and can be a more cost-effective use of public money, for example by reducing hospital admissions.

Patients have the choice to work with clinicians in order to decide what treatment will give the best outcome for their individual circumstances.

The scheme and the systems that support it are clear, easy to understand and constructed with users in mind.

This scheme is about looking at particular conditions that evidence suggests Personal Health Budgets can really help

This is entirely voluntary for patients and nobody will be forced to have a personal health budget.

How does this work in practice?

There are lots of examples of how Personal Health Budgets have helped improved the lives of patients. Visit the Department of Health website to find out more about these stories www.personalhealthbudgets.dh.gov.uk/about/stories/

What should I do if someone I know is interested in Personal Health Budgets?

You can speak to

on their behalf

You can give them a copy of Your Health, Your Choice or ask them to visit

You can ask them to contact

How can I find out more?

Contact