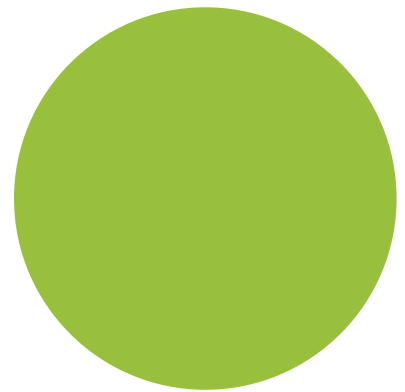
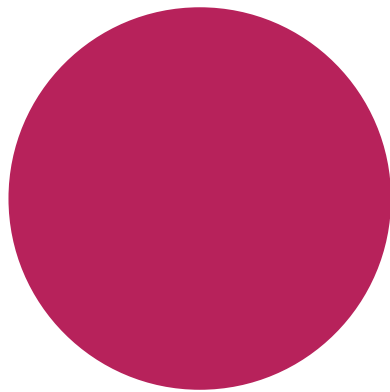
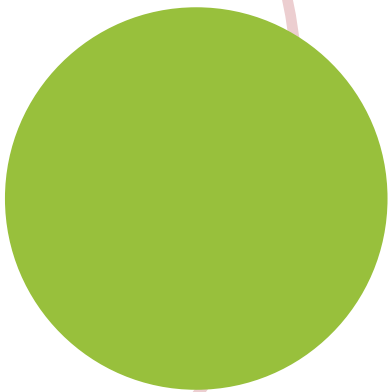


# YOUR HEALTH YOURChoice

Take control of your healthcare,  
with Personal Health Budgets



## Introduction

Some NHS patients in England are being given greater choice and control over their NHS healthcare.

If you have been given this leaflet by a health professional then you are probably eligible to take control of your healthcare and choose the services which you think will best suit your health and wellbeing needs. This leaflet can tell you more about this system, which is called a Personal Health Budget.



## What are Personal Health Budgets?

A Personal Health Budget is an amount of money which you can use to buy services to meet your health care needs. It makes it clear how much money you, and the people who support you, have available for your NHS care. You 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. You do not have to have a Personal Health Budget - you can choose to receive services from the NHS in the same way you always have.

## What does this mean for me?

If you choose to receive a Personal Health Budget, you can have much greater choice and control over your healthcare. You will have a range of options to choose from to support your health needs. You will be supported to write your own Personal Health Plan to tell us how you want your support and services to be provided.

The NHS care and support you get should be safe and effective. It should be a positive experience for you and your family or carers. Our aim is to make you feel better, increase your confidence and support you to manage your own condition and be independent.



## What types of things can I choose to buy?

You can choose to buy services which will meet your specific health needs. The options below are some ideas of things which you might choose. If you can think of something else that could make a real difference to your health and wellbeing we can discuss that option as well.

- **Fitness** - personal exercise equipment, a personal health trainer, the cost of joining a swimming club.
- **Pain relief and relaxation**- massage or alternative therapies, such as aromatherapy.
- **Stopping smoking** - different approaches to help you quit.
- **Healthy eating or weight loss** - kitchen equipment, bathroom scales, cookery courses.
- **Getting out and meeting people** - travel expenses, funding leisure activities or buying equipment for hobbies that motivate you and give you chance to socialise with people.
- **Help with breathing** - air-conditioning or de-humidifying equipment.
- **1:1 support** - paying for someone to go to places with you.
- **Access to your home** - equipment to help you get in and out of your house, such as ramps for wheelchair users.

## Is there anything I can't spend my budget on?

There are some things that Personal Health Budgets cannot be used to buy. These include:

- Anything illegal
- Gambling
- Debt repayment
- Tobacco
- Alcohol
- Emergency or acute services (the NHS already provides these free to everyone).
- Most primary healthcare services including visits and assessments (GPs provide this service).
- Treatments (like medicines) that the NHS would not normally fund because they are not considered cost-effective.

## What are the next steps?

- If you decide you would like to receive a Personal Health Budget contact the person on the back of this leaflet. They will support you to complete a questionnaire/assessment which will tell us about your healthcare and wellbeing needs. You can also have a family member or friend help you to complete this if you wish.
- We will use the information in your questionnaire/assessment to work out how much money is available for you to plan your healthcare and support.
- You will be supported to write a Personal Health Plan which is right for you. This plan will explain how you want to spend your Personal Health Budget to meet your needs. It will also help you plan for possible emergencies with your health or support so that you have peace of mind. You can write this plan with the support of family, friends, healthcare professionals and anyone else who you want to be involved.
- Once your plan is agreed we will work with you to organise the support. You can choose to organise this yourself, or we can do it for you.





## How can I find out more?

For general information about Personal Health Budgets, you can:

For more information about what receiving a Personal Health Budgets might mean for you, please contact: