

What you can't spend your personal health budget on

Personal health budgets are given to meet health and wellbeing needs and cannot be spent for any other reason. The CCG has a duty to ensure that payments are being used for what has been agreed with your CHC case manager and documented in your support plan. The CCG will recover any money that is not spent appropriately.

The aim of personal health budgets is to allow you flexibility in planning the care that you need, however there are some things that you can't spend your personal health budget on including:

- Emergency or hospital services
- Care you would routinely receive from your GP, district nurse, dentist etc
- Anything illegal, unlawful or harmful to the individual
- Gambling
- Debt repayment
- Tobacco
- Alcohol
- Treatments or medicines that the NHS would not normally fund because they are not shown to be cost-effective

Your CHC case manager will be able to help you if you have any queries about what your budget can and can't be used for.

If you have questions or would like more information, the CHC Team can be reached on 02477710970.

Personal Health Budgets for CHC funded home care

A guide to who they are for and how they work

Personal health budgets are available for people aged 18 years and over, living in their own homes, who are eligible for fully funded NHS Continuing Healthcare.

What is a Personal Health Budget?

A personal health budget is an amount of money allocated by the NHS to meet your healthcare and wellbeing needs. It is **not new money**, but is **money** that would normally have been spent by the NHS on a person's care being spent more flexibly to meet their identified needs.

How do Personal Health Budgets work?

There are three kinds of Personal Health Budget:

A notional budget – No money changes hands. You find out how much money is available and talk to your local NHS team about the different ways to spend that money to meet your needs. The NHS will then arrange the agreed care and support with an appropriate care agency. You may choose to keep your existing services exactly as they are, subject to a review of your current care needs.

A third party budget – this is where an organisation independent of both you and the NHS holds the money for you, arranges and pays for the care and support agreed in your care plan.

Direct payments – You receive a weekly budget to purchase care and support you and your NHS team agree you need. You must show what you have spent it on, but you, or your representative, buy and manage services yourself.

You can use your budget for a range of things to help you meet your goals, including therapies, personal care and equipment. You may wish to become an employer of your own team of Personal Assistants

Whatever form of personal health budget is used, the assessment and review process for continuing healthcare remains as it is now.

What does this mean for me?

People who are eligible for NHS Continuing Healthcare who are receiving a home care package will have more choice over how their health and wellbeing needs are met.

If you are receiving direct payments through social services, you will be able to transfer to personal health budgets if you have become eligible for NHS Continuing Healthcare, following a three month transition period.

Will it affect my benefits?

Personal health budgets are not a welfare benefit and are not means tested. This means they are not taken into account when calculating your benefits entitlement.

What is the process?

For a personal health budget to be made available to you the following steps will be followed:

1. Assessment of your health and wellbeing needs and the collection of information relating to health and care services currently supporting you;
2. A calculation needs to be done so we can tell you how much money is in your personal budget. This is called an Indicative budget, calculated within the CCG's resource and allocation policy;
3. A support plan is developed – this means working out what things or services to buy, to meet your agreed health and wellbeing outcomes;
4. You can request the type of personal health budget you would prefer (Notional, Third Party or Direct Payment) after the three month transition period;
5. Your support plan and finalised budget is approved by the CCG;
6. For third party and direct payment budgets, as part of the signed contract between you and the CCG, you agree to participate in regular reviews and keep detailed records of how the money is spent. Your contract contains a list of the records you must keep.