

## Personal health budgets

### What is personalised care?

Personalised care will benefit up to 2.5 million people by 2023/24, including 200,000 people with a personal health budget, giving them the same choice and control over their mental and physical health that they have come to expect in every aspect of their life. A one-size-fits-all health and care system simply cannot meet the increasing complexity of people's needs and expectations. Personal health budgets is a key programme within personalised care.



Personalised care is based on 'what matters' to people and their individual strengths and needs, working alongside clinicians and other health and care professionals. The NHS Long Term Plan says personalised care will become business as usual across the health and care system and Universal Personalised Care confirms how we will do it.

### What are personal health budgets?

Personal health budgets are a way of personalising care, based around what matters to people and their individual strengths and needs. With a personal health budget, people work with their health (and where relevant social) care team to create a bespoke package of care designed to support their health and wellbeing needs. They are not new money, but a different way of spending health funding to meet the needs of an individual.

Personalised care and support planning is an essential part of a personal health budget. This process enables people to identify their health and wellbeing goals, together with their local NHS team, and set out in a written plan how the budget will be spent to enable them to reach their goals and keep healthy and safe.

### How can people use their personal health budget?

A personal health budget may be used for a range of things to meet agreed health and wellbeing outcomes.

This can include therapies, personal care and equipment. There are some restrictions in how the budget can be spent. A personal health budget can potentially be spent on a broader range of care and support than would routinely be commissioned by the NHS, if it is agreed as being appropriate to meet someone's identified needs.

This could include funding for a personal assistant to help with personal care at home, and equipment such as a wheelchair.

## Who can have a personal health budget?

At the moment, adults eligible for NHS Continuing Healthcare funding and children and young people in receipt of Continuing Care have the legal right to have a personal health budget.

By the end of 2019, people who have NHS wheelchairs and people eligible for aftercare under Section 117 of the Mental Health Act, will also have a legal right to a personal health budget, subject to the Government's legislative timeframes.

The NHS is committed to expanding legal rights to other areas, including learning disability, so that others can benefit. Work is underway to explore the next steps.

Depending on where people live, there may be other groups of people who are already able to benefit from personal health budgets. This is decided by each Clinical Commissioning Group (CCG).

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## Practical support and more information

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### NHS England Website

[www.england.nhs.uk/personal-health-budgets](http://www.england.nhs.uk/personal-health-budgets) is working with every area across the country to support professionals who are involved in providing personal health budgets. This includes access to regional support, advice and workshops via dedicated regional managers. Contact us on [england.personalhealthbudgets@nhs.net](mailto:england.personalhealthbudgets@nhs.net).

**Personalised Care Collaborative Network** links partners across the health and care system to share learning, templates and experiences, as well as hosting discussion boards.

It also contains reference materials and guidance to help implement personalised care locally.


Contact [england.personalisedcaredemonstrator@nhs.net](mailto:england.personalisedcaredemonstrator@nhs.net) if you would like to join this network.



### Jackie's personal health budget story

Following an assault sustained on duty as a Met Police Officer, Jackie Kennedy suddenly found herself dependent on a wheelchair and adjusting to life as a disabled person. Thanks to her personal health budget which funded an assistance dog, Jackie is now able to live an independent life whilst also saving the NHS money. Kingston, Jackie's canine partner, helps manage her physical disabilities and has given her a purpose in life, meaning she is less reliant on the NHS and visits the GP less often.

Read Jackie's full story online at:  
[www.england.nhs.uk/personal-health-budgets/phbs-in-action](http://www.england.nhs.uk/personal-health-budgets/phbs-in-action)

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