

# Essentials of personal health budgets

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# Overview of PHBs

# Show an example

# Questions



# What is a personal health budget?

“A personal health budget is an amount of money to support a person’s identified health and wellbeing needs, planned and agreed between the person and their local NHS team.”



# Aim of personal health budgets

- To give people greater **choice, flexibility and control** over the health care and support they receive
- An opportunity for people to work in **equal partnership** with the NHS about how their health and wellbeing needs can best be met
- Personal health budgets are **not about new money**, but about using resource differently



# Principles

- NHS values still hold
- No entitlement to 'more'
- Services should be safe and effective
- Personal health budgets should be a positive experience
- Access to services that best suit the individual
- Control over decision making
- Not mandatory
- Support planning is key



# What can they spent on?

Anything agreed in a personalised care and support plan which will meet health and wellbeing outcomes, for example:

- Equipment
- Personal care
- Complementary therapies
- Supportive technology, e.g. computers, iPads

Services should be appropriate for the State to provide



# What is excluded?

- GP services (GP contract)
- Acute unplanned care (including A&E)
- Surgical procedures
- Medication
- NHS charges e.g. prescription charges
- Vaccination/immunisation
- Screening, diagnostics
- Gambling, debt repayment, alcohol, tobacco



# The five parts summary ....

## THE ESSENTIAL PARTS OF A PERSONAL HEALTH BUDGET

The person with the personal health budget (or their representative) will:

- be able to choose the health and wellbeing outcomes they want to achieve, in agreement with a healthcare professional
- know how much money they have for their health care and support
- be enabled to create their own care plan, with support if they want it
- be able to choose how their budget is held and managed, including the right to ask for a direct payment
- be able to spend the money in ways and at times that make sense to them, as agreed in their plan.





## The steps of the personal health budgets process



# Options to manage the budget

## Notional Budget

Money is held by the NHS

## Third Party Budget

Money is paid to an organisation that holds the money on the person's behalf

## Direct Payment

Money is paid to the person or their representative

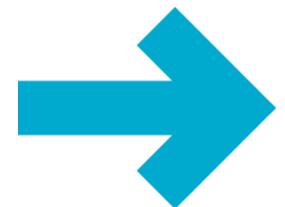


# Indicative budget

- Best estimate of how much assessed care / services will cost
- In continuing healthcare should be similar to that of a traditionally commissioned package

Acronym **CUTE** will ensure a successful indicative budget

- **C**lear
- **U**pfront
- **T**ransparent
- **E**nough



# Personalised care and support plans

- Who, if at all, does person want to support them in PHB process?
- Focus on whole life, not just health needs
- Consider background & culture of person receiving care
- Consider education, employment, social interactions
- Contingency to be included
- It is a contract between person receiving care & NHS



# Other considerations

- Current care provision and funding arrangements
- Risk assessment: clinical and financial, compliance with statutory requirements
- Process for CCG to take over funding:
  - Self-funded arrangements
  - Social care direct payments
- Open and transparent communication with the person / family about what PHBs mean for them: what stays the same or may need to change



# PHBs in numbers

- 50-100,000 by 2020/21 – NHS Mandate
- 200,000 by 2023/24 – NHS Long Term Plan
- 40,344 PHBs currently – end of Q3 2018/19



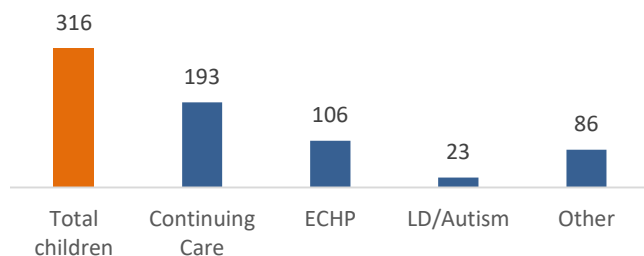
# Diversification of PHBs

<b>Continuing Healthcare</b>	<b>Mental Health including S117</b>	<b>Choice in End of Life Care</b>	<b>Looked After Children</b>	<b>Wheelchairs and other specialist equipment</b>
<b>Substance Misuse</b>	<b>Neurological disability</b>	<b>People with a learning disability</b>	<b>Integrated Budgets</b>	<b>Veterans</b>

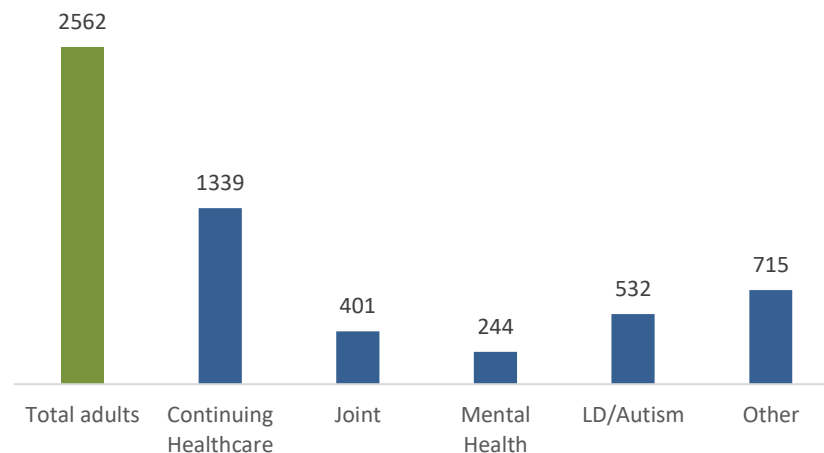


# PHBs in London Q3 2018/19

## Children



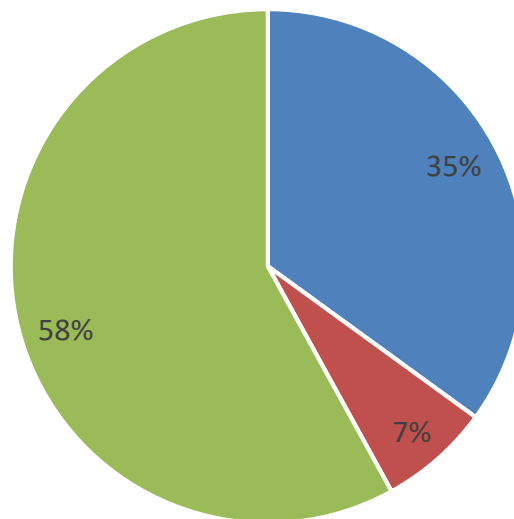
## Adults





# PHBs in London Q3 2018/19

## How the budget is managed



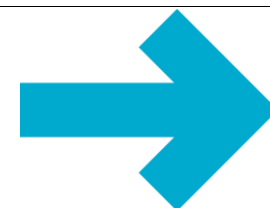
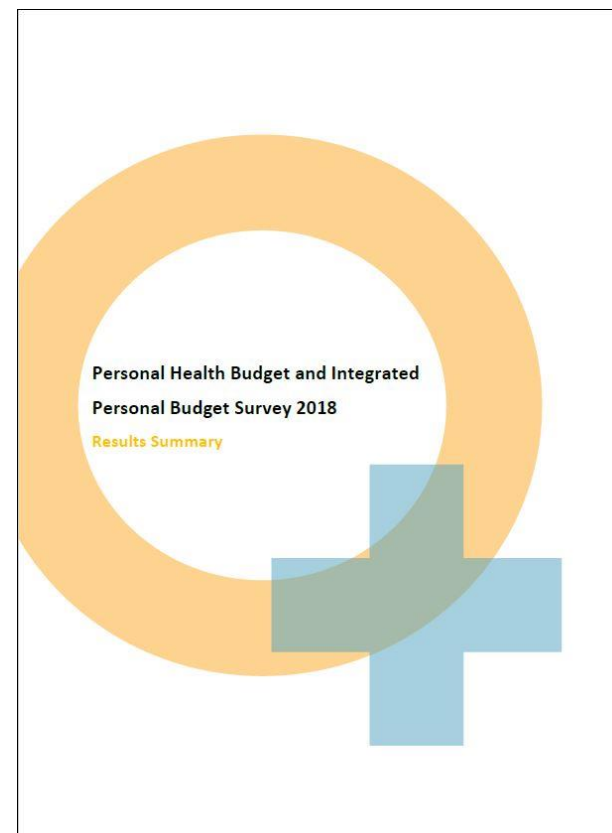
■ Direct Payment ■ Third Party ■ Notional



# People's experience

Quality Health survey of 390 PHB holders in 2018:

- 77% would recommend PHBs
- 89% said PCSP reflected what matter to them
- 86% achieved what they wanted
- 60% process too slow
- 41% difficult to get PHB information
- 47% hard to recruit PAs



# Better quality of life



<https://www.youtube.com/watch?v=9xw6pWJV0kQ>



# Questions / Discussion



# Further information & support

- NHS England website  
<https://www.england.nhs.uk/healthbudgets/>
- Personal Health Budgets Learning Network  
[www.personalhealthbudgets.england.nhs.uk/login](http://www.personalhealthbudgets.england.nhs.uk/login)
- Personalised Health and Care Framework  
<https://www.england.nhs.uk/personalised-health-and-care/>



# Thank you

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