

Managing a personal health budget

A personal health budget is an amount of money to support your care and support needs, which is planned and agreed between you (or someone who represents you) and your local NHS team.

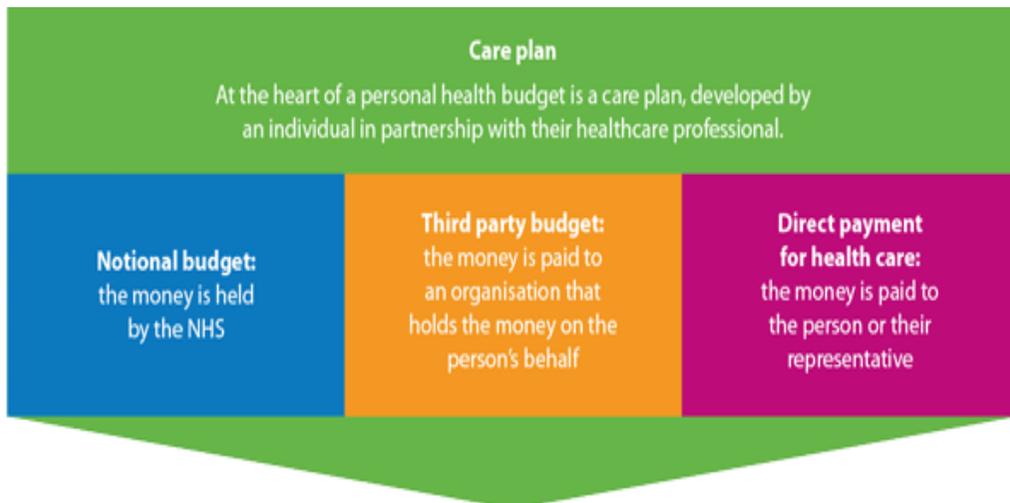
A personal health budget allows you to manage your care and support needs in a way that suits you.

How can my personal health budget be managed?

There are three ways you can manage your health budget:

- 1) **Notional Budget:** This method means any services or care you require will be paid for directly by your NHS team. You do not need to handle any funds yourself.
- 2) **Third Party Budget:** This method means a separate organisation will hold your budget for you and pay for any required care or support services. This method is particularly useful if you wish to use a personal assistant but do not want to be an employer. Again, you do not need to handle any funds yourself.
- 3) **Direct Payment:** This method means you receive the money directly into your nominated bank account for your care and support needs and you are responsible for making the arrangements to put the care and support into place.

For more information on employing personal assistants please see leaflet 6



Cheshire and Merseyside

Personal Health Budgets

Information about different ways to manage your personal health budget

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