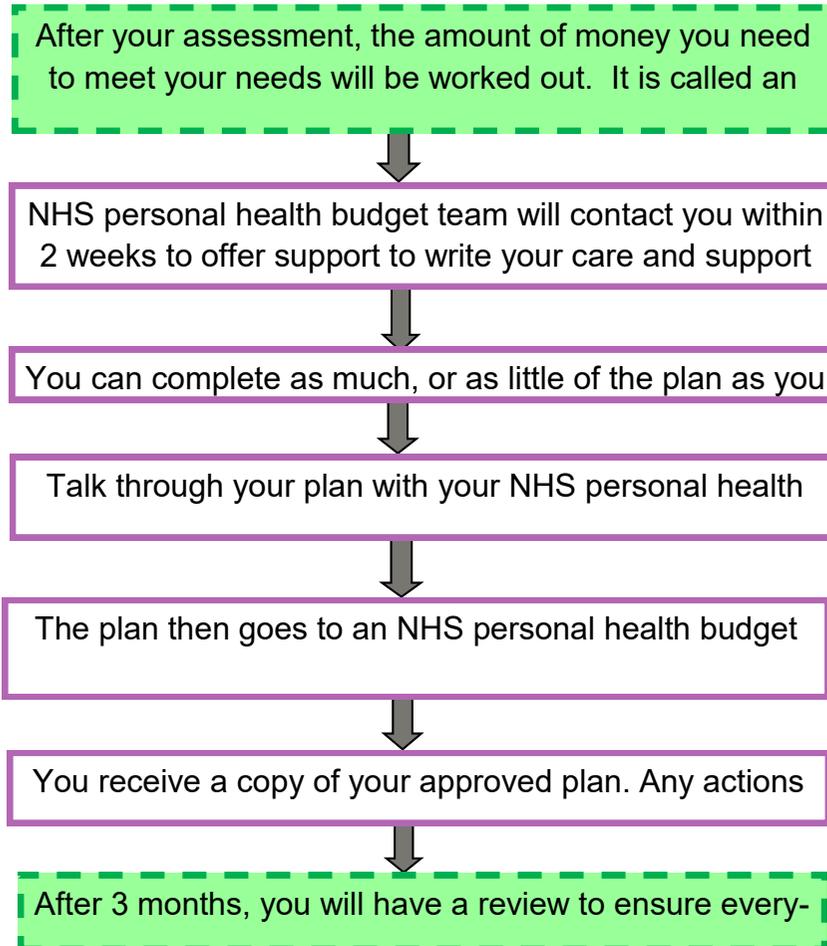


What is the care and support plan process? Probable need to remove this as the process differs across the 9 places and could be misleading



Personal Health Budgets

Information about personalised care and support planning

Personalised care and support planning



What is personalised care?

Personalised care is an important part of the way the NHS delivers care.

Personalised care means you have choice and control over the way your care is planned and delivered. It is based on **'what matters'** to you and your individual strengths and needs. There are six parts to personalised care and they are shown in the image below. Personalised care and support planning is one of the six parts.



What is a personalised care and support plan?

Making a personalised care and support plan is a very important step in the personal health budget process. When you make the plan you agree with your NHS team how you will meet your health and care needs based around **'what matters to you'** principles.

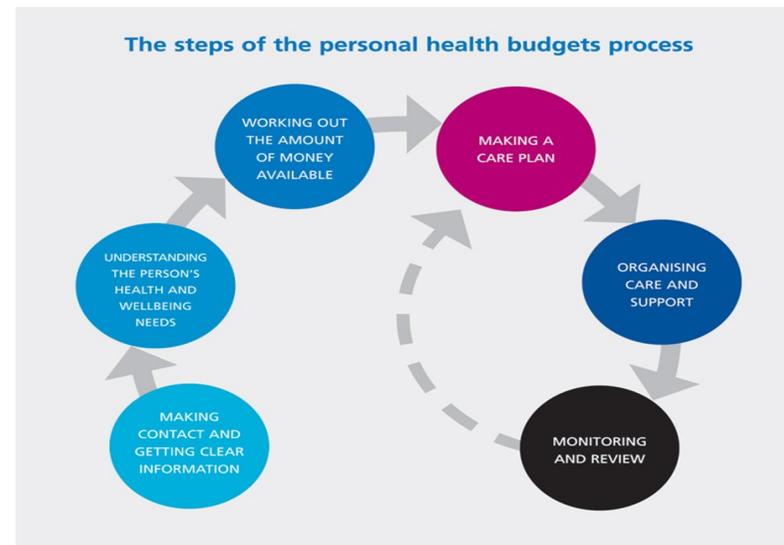
The NHS and you (or people who know you well) will discuss the things that are important to you, and for you, about your health and well-being within the context of your whole life and family situation.

It's important that you are actively involved in writing your care and support plan to make sure it is about **you**, that it's right for **you** and that it correctly describes the care and support **you** need.

A good plan recognises your skills and strengths, as well as your experiences and the things that matter most to you, including the things that are working well and those that are not working so good.

The six steps

There are 6 steps to having a budget, with a personalised care and support plan being step 4 and central to the personal health budget process, as outlined below:



Can I write my own care and support plan?

Yes - We encourage you to write your own care and support plan, with help from family and/or friends. Doing it yourself means you can fill it in at your own pace and have more time to think about what matters to you and the kind of care and support which would be best for you. Your NHS team will always make sure that you get help and support with your care planning.

What to consider when completing your care and support plan

A good personalised care and support plan includes the following:

- ♣ Who you are and the important things/people in your life?
- ♣ What is going well in your life, is there anything you would like to change?
- ♣ What would you like a typical week to look like?
- ♣ What you enjoy doing or where do you like to go?
- ♣ How to keep you safe and well in your own home or when you go out.
- ♣ What would you like to achieve and what would your health and wellbeing outcomes be?