

What is the aim of a personal health budget?

- ♣ To improve people's quality of life and psychological wellbeing
- ♣ To help people feel in control of their health
- ♣ To help people remain independent and promote self-management

A personalised care and support plan is central to all personal health budgets and you need to be central in developing it.

It is a conversation in which you and your NHS team along with people who know you well will take time to understand **what matters to you**.

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 personal health budget will be spent to enable them to reach their goals and keep healthy and safe.

It is important that you are:

- ♣ Able to agree your health and social care outcomes
- ♣ Told how much money is available to you
- ♣ Given a budget that meets your needs
- ♣ Given options on how to manage your budget

Will a personal health budget affect my benefits?

No - Personal health budgets are not a welfare benefit and are not part of the benefits system. This means they are not taken into account when calculating your benefits entitlement.

For more information on personal health budgets please read leaflets 2-6 on our website:

[Personal Health Budgets - NHS Cheshire and Merseyside](#)



Cheshire and Merseyside

Personal Health Budgets

Information on personal health budgets and who can have one

Personalised care
What matters to you?



What is a personal health budget?

A personal health budget is a way of personalising care, based on 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 and support designed to support their health and wellbeing needs. Personal health budgets do not provide new NHS money, but are a different way of using existing funds to meet the needs of an individual.

What is an integrated personal budget?

An integrated personal budget is an amount of money to support people's health and social care needs. It is jointly funded by the NHS and social care.

How can people use a 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, employing a personal assistant or purchasing equipment. A personal health budget can potentially be spent on a broader range of care and support than would routinely be organised and available from the NHS. It needs to be agreed as being appropriate to meet someone's identified need and achieve their health outcomes.

"A personal health budget allows you to manage your healthcare and support such as treatments, equipment and personal care, in a way that suits you". [NHS.UK](https://www.nhs.uk)

Who has a legal right to a personal health budget?

- ♣ Adults eligible for NHS Continuing Healthcare (NHS funded long-term health and personal care outside hospital settings)
- ♣ Children and young people receiving NHS Continuing Care
- ♣ People with mental health problems who are eligible for after-care services under Section 117 of the Mental Health Act
- ♣ People who meet the eligibility criteria of the wheelchair service can have a Personal Wheelchair Budget

Who else can have a personal health budget?

- ♣ Young people with complex needs who may have an Education, Health & Care (EHC) plan in place

"We've seen first-hand how personal health budgets enable people to live the lives they want – whether that's by employing trusted personal assistants, accessing wellbeing activities, or blending health and social care creatively".

Jill Wighton, Community Catalysts CIC