

The main things to know about personal health budgets

Your care and support should be safe and effective. It should be a positive experience for you and people in your life. A personal health budget should make things better for you, not make things worse.

You will not have to have a personal health budget if you don't want one.

Personal health budgets enable people to have more control over decisions that matter.



Contact us

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Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the continuing healthcare team or contact the PALS and complaints team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni
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Continuing Healthcare is part of our Older People Directorate.



Continuing Healthcare

Personal Health Budgets (PHB)

What is a personal health budget?

A personal health budget is an amount of money, paid to you by the NHS to meet your health and wellbeing needs.

Personal health budgets can be used in a range of ways.

The aim is to give you as much control over your healthcare as you wish, to make you feel better, increase your confidence and help you to manage your own condition.

At the centre of your personal health budget is your support plan which sets out your health and wellbeing goals. The plan also sets out how your budget will be spent to enable you to reach your goals.

Personal health budgets - how they work

- You will have support when you are making your decision about whether a personal health budget is right for you.
- Your support plan will show that you are using NHS money in a way that is lawful, affordable and in ways that enable you to meet your health and wellbeing goals. You can have help to write this.

- You will have support to help you manage the money in your personal health budget.
- If you have a personal health budget you will be able to use it for a range of things to help you meet your health and wellbeing needs. You are not allowed to spend the money on gambling, debt repayment, alcohol, tobacco or anything unlawful.



What can I spend my personal health budget on?

You can spend the budget to help you meet the health and wellbeing goals you have agreed with your healthcare manager.

For example:

- A carer chosen by you who may come from an agency or be employed directly by you.
- Ways of promoting changes to your lifestyle, such as gym membership, social and leisure activities.
- You will be able to increase the options for you and your informal carer in having a respite break.

These are just a couple of examples to give you an idea of what your budget could be spent on. Your healthcare manager will discuss with you other options that may be appropriate for your needs.

