

What is a Personal Health Budget?

It is money you get to pay for your healthcare.

Your care plan helps you decide how you want your healthcare to be managed with your local NHS team.

You agree with the NHS team the best way to spend your money. This could be with your health worker or carer.

Having a personal health budget means you know how much money there is for your healthcare.

It also means you have more of a say about your healthcare.

The money you get must be spent on things in your care plan that keep you healthy and safe.



Want to know more?
Contact the team

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What are the different ways to get a Personal Health Budget?

1. Notional budget

The money goes straight to whoever is providing care. You are told how much you will be given and you decide where you want the money to be spent.

2. Real budget held by a third party

An organisation, like a charity, looks after your money for you. If the NHS agrees with how you want to spend it the organisation will buy the care for you.

3. Direct payment for healthcare

The money is given to you to buy and manage your own healthcare and support.



Personal Health Budgets



Helping you to get the support you need with your healthcare

What you can't use your Personal Health Budget for



Emergency health services.



Services you would get from your family doctor.



Things that are not legal.



Gambling, alcohol or cigarettes.



How you spend your personal health budget is really up to you, so long as it is agreed as part of your support plan.

As long as the care and support you choose meets your agreed outcomes, the choice really is yours.



So, what can you use your Personal Health Budget for?



What you can use your Personal Health Budget for



Personal Care.



Training to help you look after your health.



Equipment to help meet your health needs.

