

# NHS East and North Herts CCG

## Continuing Healthcare Personal Health Budgets

People who are eligible for NHS Continuing Healthcare (CHC) have a legal right to have a Personal Health Budget. Our CHC team support people receiving care at home to put together a personalised package of care that is delivered through a Personal Health Budget.

### What is a Personal Health Budget?



A personal health budget is an amount of money that can be made available to you to meet your health & wellbeing needs. How much you get is based on your assessed healthcare and wellbeing needs.

We will tell you your budget amount then work with you (or someone representing you) to set your health and wellbeing goals, and plan how to use your PHB to meet them.

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*Personal Health Budgets give people more choice and control over how their health and wellbeing needs are met.*

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## Types of Personal Health Budget

A PHB can be received in one of the three options below or a mix of them. Your options for managing your PHB will be discussed with you.

### Notional Budget



This is where we work with you to identify your health and wellbeing needs and how they can be met. You will be told how much money is available to you, and the NHS team will purchase and manage your care on your behalf.

### Direct Health Payment (DHP)



If you choose a DHP you will be responsible for planning, organising and buying your care. The money for your PHB will be transferred into a bank account so you can pay for your care directly. If you prefer you can choose to have your budget paid to a support service provider who can make payments on your behalf. This is called a “**managed account**”.

### Third Party Budget



The money for your PHB is paid directly to the Third Party you have chosen to manage the PHB. You will need to reach a service agreement with your Third Party; you will need to decide who will be responsible for different aspects of the care outlined in the support plan and the managing of the PHB. For example, you may want to be part of the interviews to recruit individuals that may be providing care or services for you.

## Important things You Need to Know?

- No matter what type of PHB you choose, the CHC team will continue to support you, you can contact us if your care needs change or if you have any questions about your PHB.
- You will be told how much money is available for your PHB before you start planning. The amount available to you is called your **indicative budget**. We will tell you your indicative budget even if we organize the care for you.
- You will be supported to create a **Personalised Care and Support Plan (PCSP)**, which will tell us more about you, what is important to you, how your condition affects your day-to-day life, your health and wellbeing needs and how you would like to meet them and how you will use the money in your budget.
- When your PCSP is completed, it will be shared with the CHC Clinical team to consider for approval.
- If we have already arranged a package of care for you and you are happy with it, then there is no need to change anything, we can continue to organize and buy care on your behalf. This is called a Notional PHB.
- If you choose to have a Direct Health Payment PHB, you will get help to put your PHB into action, this will include help to manage payments, employing care staff, arrange payroll for staff and paying invoices.



- If you choose a DHP or Third Party PHB, then you will need to agree to the rules that come with having a PHB. You will need to sign a **PHB Agreement**.
- All PHBs are reviewed 12 weeks after they start and then once a year after
- If you choose a DHP or a Third-Party Budget, you or the organisation representing you will need to provide evidence of how the PHB has been spent. This will include sending receipts and bank statements on a regular basis.

## More Information

If you have questions about Personal Health budgets you can contact us



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You can find out more about PHBs from the **NHS England website**

<https://www.england.nhs.uk/personal-health-budgets/>