



**Personal Health Budgets – Children and Young People Aged 0-18 Eligible for
NHS Continuing Care**

Frequently Asked Questions

This leaflet is designed to answer the questions:

1. What is a Personal Health Budget?
2. Who is eligible to apply for a Personal health Budget?
3. What is NHS Continuing Care? What can a Personal Health Budget be used for?
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10. If my child requires a stay at a children's hospice how is this funded?
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12. If the care required is from trained children's nurses, will there be sufficient funds for me to pay the agency or nurse directly?
13. If I chose to employ my own personal assistant that I would like to care for my child how are the clinical skills identified, training put in place, how is this monitored?
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1. What is a Personal Health Budget?

A personal health budget is an amount of money to support a person identified health and wellbeing needs, planned and agreed between the person and their local NHS team.

2. Who is eligible to apply for a Personal health Budget?

In line with current legislation Personal Health Budgets are available for young people aged between 0 to 18 and who are eligible for NHS Continuing Care Funding.

3. What is NHS Continuing Care?

NHS Continuing Care is support provided for children and young people under 18 who need a tailored package of care because of their disability, an accident or illness.

It is different from NHS Continuing Healthcare for adults, people aged 18 and over, which focuses mainly on health and care needs, Continuing Healthcare for a child or young person should also consider their physical, emotional and intellectual development as they move towards adulthood.

This means that if your child or you as a young person are assessed for NHS Continuing Care, it's likely that a range of organisations will be involved, such as health, education and local authority children services. These different agencies will also contribute to your child's care package if they are found to have continuing care needs. The process of arranging NHS Continuing care is led by your local Clinical Commissioning Group (CCG), which is responsible for managing local health services.

4. What can a Personal Health Budget be used for?

You can spend your personal health budget on any care or services that are set out in your care plan and agreed with, for example, your community nurse and Reaching Out East. How your plans get signed off and things that you can't include in your plan will be explained to you at the beginning of the planning process.

5. What personal health budgets can't be spent on:

- Alcohol or tobacco
- Gambling
- Debt repayment
- Anything illegal
- Something which may damage an individual's health
- Treatments (e.g. medicines) that the NHS would not normally fund because they are not shown to be cost-effective.

In addition to the above, personal health budgets cannot be used to pay for services from a GP **or at the hospital**, including emergency services. These remain free at the point of delivery. But the plan should state what happens during these times, i.e. with PA's or carers etc.



6. How can I get a Personal Health Budget?

A young person found eligible for NHS Continuing Healthcare or their carer can ask their community nurse for your services to be provided via a personal health budget.

7. How is a Personal Health Budget calculated?

There is a published process on how the Personal Health Budget is calculated. Each person's needs are different and the skill level required to deliver their care is different. Initially the CCG will use a calculation that translates the number of hours required to deliver your care into a level of funding.

The funding is then made available on a monthly basis in advance so that you can purchase the support that you need to meet your health needs.

8. How is a Personal Health Budget Managed?

There are three options for managing your Personal Health Budget:

1. You or your representative can receive a direct payment. Your representative can be a local "holding account" who will manage the money under your instruction.
2. A third party management arrangement. This is when you or your representative appoints a company or a charity to manage all aspects of your care.
3. Commissioned Care – The Clinical Commissioning Group or their representative commission the care on your behalf.

9. What happens if I don't get NHS Continuing Care?

Even if NHS Continuing Care is not available to you, you can still access a great number of services, such as: Paediatricians, Hospital Services, Community Children's Nurses, Speech and Language therapists, Physiotherapist, Occupational Therapist etc.

10. Can you use the funding for therapy services?

You can use a personal health budget to pay for a wide range of items and services, including therapies, personal care and equipment. In the initial roll out of personal health budgets therapy services will not be included however can be explored and individual decisions will be made. This will allow you more choice and control over the health services and care you receive.

11. If my child requires a stay at a children's hospice how is this funded?

Currently hospice care is not included within the budget available for personal health budgets; however the support plan will include the support available and required to ensure your child access hospice services as required.

12. Can I purchase my own equipment such as suction machines etc and if so, how will I know which is the best to use and who will service the equipment?

The appropriate lead health professional must be engaged in care planning from an early stage, to advise on outcomes and the factors that need to be considered in deciding how to achieve them (risk, effectiveness, safety, quality). The care plan needs to set out clearly how any equipment will meet the needs and will be maintained, and where relevant disposed of.



13. If the care required is from trained children's nurses, will there be sufficient funds for me to pay the agency or nurse directly?

The care plan should indicate this and the PHB's should reflect this.

14. If I chose to employ my own personal assistant that I would like to care for my child how are the clinical skills identified, training put in place, how is this monitored?

Training should be provided by a competent person and should be of a standard recognised as adequate for the task. The personal assistant should always keep full records of training given, including dates, in addition there should be written evidence of competence and clear guidance and protocols in place so personal assistant are not required to make clinical judgments outside their competence. As part of the support planning process you will be supported to ensure this is in place.

There should be regular monitoring of competencies (proportionate to the task) and access to regular training updates. This is especially important where the person receiving support has a condition that is complex. In essence the care plan should indicate the level of skills required by the personal assistants in order to deliver their roles with you. The monitoring of this should be the responsibility of the personal health budgets holder but with as much support as required.

15. Where can I find more information?

If you would like more information on Personal Health Budgets please contact:

**Reaching Out East
The Direct Payments Team
The North Hub
58 Hall Lane
London
E4 8EU**

Team e-mail: directpayments@reachingouteast.org.uk

Tel: 0208 519 6369

NHS England also has more information on PHBs. Visit their website here:

<http://www.england.nhs.uk/healthbudgets>