

4. Making a personalised care & support plan

- Central to your Personal Health Budget is a personalised care and support plan (sometimes called a Health Support Plan)
- The Health Support Plan is produced with your input to capture what is important **for** you (health perspective) and what is important **to** you (wellbeing perspective)
- If you choose to receive a Direct Payment, you and the CHC Nurse can be supported throughout this planning process by a Personal Health Budget advisor from **Independent Lives** (our support service partner) and/or your care provider.

5. Organising care and support

- As soon as the CHC Team (on behalf of the NHS) are satisfied that your choice of care provider can meet your needs, care can commence.

6. Monitoring and reviewing

- Your CHC Nurse is responsible for monitoring your commissioned care, therefore your Personal Health Budget may also change depending on your changing needs
- Eligibility for CHC funding is also reviewed regularly.

Where can I find out more information?

West Sussex Continuing Healthcare Team
01903 708609 (option 1)
cwscg.chc@nhs.net

www.coastalwestsussexccg.nhs.uk/continuing-healthcare

Independent Lives **08456 0123 999**

National information www.nhs.uk/personalhealthbudgets

Personal Health Budgets in Continuing Healthcare

The aim of this leaflet is to give you some useful information about your Continuing Healthcare Personal Health Budgets (PHB);

- Why have Personal Health Budgets been introduced?
- Who can have a Personal Health Budget?
- How can Personal Health Budgets be organised?
- Where can I find out more information?

Why have Personal Health Budgets been introduced?

The NHS and social services are working on a number of ideas that will make it easier to get the right care and support, in the right place, at the right time. We believe everything we do should focus on people's individual health and wellbeing needs. That's why wherever possible we are trying to 'personalise' the things we do.

The idea of Personal Health Budgets in the NHS follows the successful introduction of direct payments and personal budgets for care and support in social care. Many people have said that having more flexibility, choice and control over how their care services are organised makes them feel more involved and more positive.

Who can have a Personal Health Budget?

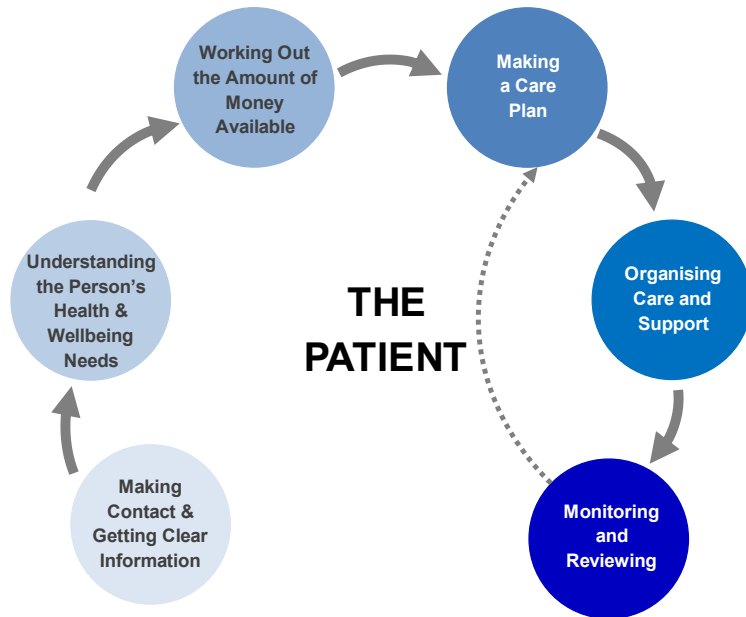
If you are registered to a GP in West Sussex and are eligible for NHS Continuing Healthcare (CHC) you have the right to have a Personal Health Budget.

How can Personal Health Budgets be organised?

There are six basic steps to a Personal Health Budget shown in the picture on next page.

1. Getting clear information

- Start by talking to the NHS team who currently look after you to find out about personalisation in the NHS



2. Understanding health and wellbeing needs

- If you are referred to West Sussex CHC, your health and wellbeing needs will be assessed by your multi-disciplinary team (e.g. community nurse, social worker, other health professionals)
- Part of this process enables the multi-disciplinary team to describe your needs in terms of health outcomes
- A Fast-track CHC referral can be made by any appropriately trained clinician who will also assess your health and wellbeing needs and identify your preferred place of care
- Your multi-disciplinary team (MDT) or appropriate clinician, supported by a CHC Nurse, will process your application for CHC funding.

3. Working out the amount of funding that may be available and knowing what choices are available

- Once CHC funding is confirmed, your CHC Nurse will estimate a fair amount of NHS resources. The amount of funding will be based on your assessed health & wellbeing needs
- This is known as your 'indicative' or estimated CHC budget, and is included in your eligibility decision letter
- Your preferred place of care as well as your preferred type of Personal Health Budget should be discussed with one of the CHC Team. There are 4 basic types of Personal Health Budget
 - Notional Personal Health Budget – this means the CHC Team will buy the services you need directly from the service provider (e.g. a care agency, or if you are in permanent residential accommodation)
 - Direct Payment – this means we pass on the funding directly to you or a person you have nominated, and you can organise (commission) your care (as described and agreed in your Health Support Plan)
 - 3rd Party Direct Payment – this means we pass on the funding to an organisation you know, they then organise your care for you (as described and agreed in your Health Support Plan)
 - Mixed Personal Health Budget. You can also choose a combination of the three options above.

As per the national NHS England Guide to Direct Payments, the CCG's policy is not to use direct payments to replace existing support networks within families and communities. Therefore direct payments cannot normally be used to employ close family members or an individual living in the same household.

If you are currently eligible for NHS CHC Funding under the 'Fast Track Pathway' and already have a direct payment in place (i.e. set up by another NHS organisation or social services) then normally that would continue once the CCG is satisfied it is necessary in order to satisfactorily meet the eligible person's assessed needs.