

HEALTHY PEOPLE

living healthy lives
in healthy communities



**Northern, Eastern and Western Devon
Clinical Commissioning Group**



Personal health budget

Local offer

What is a personal health budget?

A personal health budget is an amount of money to support a person's individual health and wellbeing needs, as agreed between the individual and their local NHS team. The person's health and wellbeing needs will be set out in a personal-centred care plan which will be developed by the person together with a healthcare professional. How the budget will be used to support the health and wellbeing needs will be set out in a person-centred support plan agreed by both the person and the local NHS team.



Personalisation

The process by which services can be adapted to suit you.

Self-directed support

A change to the way the health and social care system operates to give you choice and control over the support you receive.

Personal health budget

A plan for your health care that you develop, knowing how much NHS money is available.

Personal budget

An amount of money your council makes available to help you meet your social care and support needs.

Background and Context

Those who are eligible for NHS Continuing Healthcare (CHC), including children under the Continuing Care (CC) criteria, currently have the right to have a personal health budget.

People who are eligible for publicly funded adult social care support currently have the option to access a personal budget.

The NHS Mandate 2013 set out that people with long term conditions (including mental health) have the right to ask for a personal health budget from 1 April 2015. This was followed up by the Five Year Forward View in Action 2015 which provided guidance to CCGs on how they are expected to implement this mandate.

To give people more direct control CCGs are expected to lead a major expansion in 2015/16 in the offer and delivery of personal health budgets to people, where evidence indicates they could benefit.

As part of this expansion, by April 2016 personal health budgets or integrated personal budgets across health and social care should be an option for people with learning disabilities, in line with the Sir Stephen Bubb's review. Sir Stephen Bubb's review, the NHS England Transforming Care programme (aimed at improving care and support for people with learning disabilities and/or autism and mental health problems or behavior that challenges) identifies personal health budgets and integrated personal commissioning as key enablers to assist with delivery of the required transformation.

To improve the lives of children with special educational needs, CCGs will need to continue to work alongside local authorities and schools on the implementation of integrated education, health and care (EHC) plans, and the offer of personal budgets.

CCGs are expected to engage widely and fully with their local communities and patients, including their local Healthwatch, and agree clear goals for expanding personal health budgets within their published local Joint Health and Wellbeing Strategy by April 2016.

NHS England has provided guidance on what it considers 'major expansion.' According to NHS England a major expansion could equate to 'between one and two in 1,000 people (0.1 - 0.2 percent of the population) over the next three to five years.' Furthermore the NHS Mandate, published in December 2015, sets out the expectation that by 2020 50,000 to 100,000 people to have a personal health budget or integrated personal budget (up from current estimate of 4,000).



Who can have a personal health budget?

Currently NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NEW Devon CCG) can offer a personal health budgets to people in the following three categories:

1. To people with Continuing Healthcare (CHC) or Continuing Care (CC) funding

The CCG adheres to the NHS England 'Guidance on the "right to have" a personal health budget in Adult NHS Continuing Healthcare and Children and Young People's Continuing Care. Adults and children in receipt of Continuing Healthcare (CHC) funding living in the community are eligible for a personal health budget if they want one. Our contracted service providers will be proactive in offering personal health budgets to all those who are eligible.

The CCG reserves the right to explore this on a case-by-case basis. The guidance states: "If an individual and/or his or her representative, who comes within the scope of a 'right to have' a personal health budget, requests a personal health budget and is turned down, the CCG must set out in writing the reasons why the request has been refused. Where circumstances arise whereby direct payments cannot be offered to those covered by the "right to have" the person and/or their representative can appeal the CCG's decision. The process for doing this is described in our PHB policy for Continuing Healthcare (appendix 3).

People who are eligible will be given a choice about how they receive their money and they will be given support and advice about how to manage this.

2. To people with individually commissioned packages of care

In addition to people funded through our Continuing Healthcare (CHC) budget, the CCG is already able to offer personal health budgets to some other people who can benefit. We aim to consider individual requests for personal health budgets if suitable individual funding can be identified without duplicating our contracted services. The CCG is not in the position to 'double fund' services (pay again for a service that we have already paid for through one of our existing healthcare contracts) however we will do our best to support individual choice and control where we have the flexibility to do this within existing contracts and funding arrangements. People with individually commissioned care packages, for example, adults and children with complex learning disabilities or mental health disorders, may therefore be able to access a personal health budget depending on their individual circumstances.

3. To people participating in the Integrated Personal Commissioning (IPC) Programme

In order to respond to the requirements set out in the Five Year Forward View, namely the requirement to significantly expand personal health budgets by 2020, the CCG has joined the national Integrated Personal Commissioning (IPC) programme.

Being part of the IPC programme will help us to achieve rapid but controlled growth in personal health budgets between now and 2020 and will allow us to test and evaluate personalised care approaches on a much larger scale over the next few years. The IPC programme will help us to broaden our personal health budget 'local offer' over the next few years by providing a framework for expansion. It will help us to target the approach at the groups of people who can gain most benefit.

The groups being targeted for the expansion of personal health budgets within the IPC programme are as follows:

- People with multiple long-term conditions, particularly older people with frailty
- Children and young people with complex needs, particularly those eligible for education, health and care (EHC) plans
- People with learning disabilities and autism, particularly those with high support needs and challenging behaviour, including those who are in institutional settings or at risk of placement
- People receiving end of life care
- People funded through Continuing Healthcare (CHC)



If you believe that you fall into one of the groups listed above and would like to explore the possibility of having a person-centred care plan and/or a personal health budget, please contact the CCG to find out if you are eligible to get involved with one of our IPC pilot projects. Participating in a IPC pilot project might provide you with an opportunity to access a personal health budget before they are available more widely. Our plan is to work with small groups of people (ten to thirty people) to test IPC and personal health budgets further, to inform our developing plans for wider implementation. We are therefore actively encouraging people to come forward to help us to do this.

If you think you may be eligible for a personal health budget and you fall into any of the categories described above, please discuss this with your Care Coordinator or contact the CCG's Personal Health Budget Delivery team directly.

Email: [D-CCG.
PersonalHealthBudgets@nhs.net](mailto:D-CCG.PersonalHealthBudgets@nhs.net)
Telephone: 01752 398 886

If I think I am eligible for a personal health budget, what happens next?

If you are eligible for a personal health budget, the following steps must be followed before your budget can be made available to you:

1. Assessment of your health and wellbeing needs and the collection of information relating to the levels of current health and care services used to support you
2. A calculation needs to be done so we can tell you how much money is in your personal budget. This is called an Indicative budget
3. Your Person-Centred Support plan needs to be developed – this means working out what things or services you need to buy, to keep you healthy and well and meet the agreed outcomes.
4. You must decide if you want to manage the money yourself through a Direct Payment or you want the NHS to continue to manage your care and support on your behalf (this is called a Notional Budget) or a third party organisation such as a charity to manage the budget on your behalf (this is called Third Party Budget).
5. Your person-centred support plan approved by the NHS.
6. Buy the health services or support you need.
7. Agree to participate in regular reviews



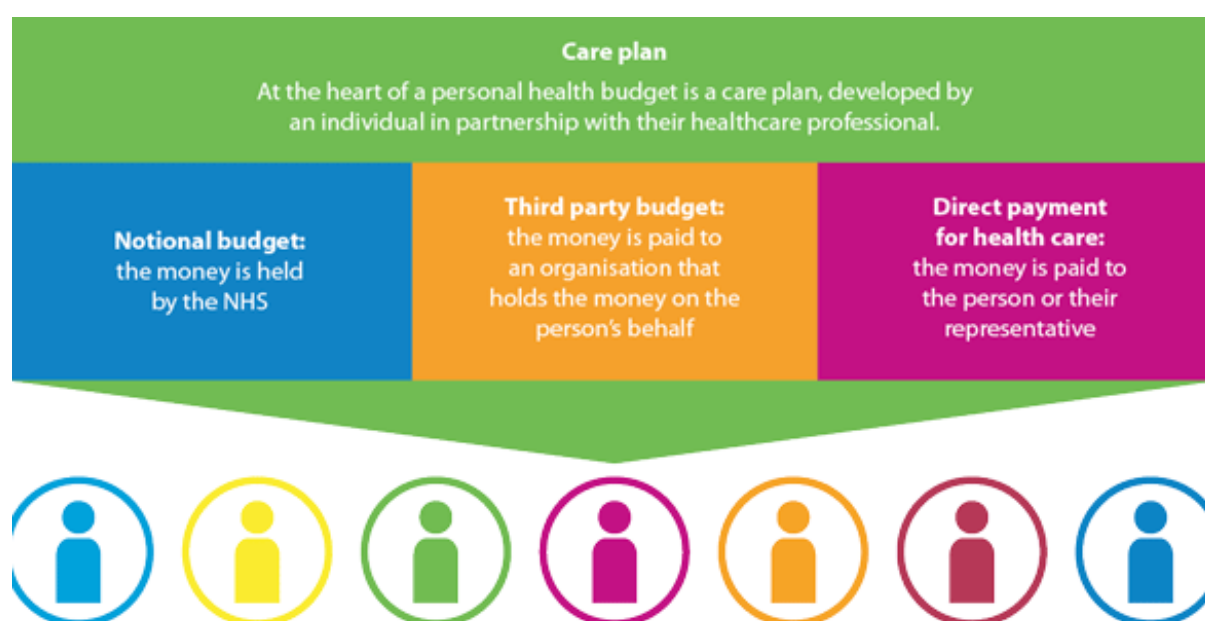
How will my personal health budget be delivered to me?

You will receive your personal health budget in one of the following ways, or in a combination of these ways.

As a notional budget - where the NHS (for example the CCG) holds the budget but uses it to secure the services identified in your person-centred support plan

As a third party budget - where an organisation independent of you or the NHS manages the budget on your behalf and arranges support by purchasing services in line with your agreed care plan.

As a direct payment - where money is transferred to you or your representative or nominee who contracts for the necessary services.



What can my personal health budget be used for?

A personal health budget can be used to fund services described in your person-centred support plan. The services identified in your plan should help you to achieve the health and wellbeing outcomes agreed between you (or your family and / or carers) and your healthcare professional.

What can my personal health budget (including direct payment) not be used for?

- Pay Personal Assistants who are self-employed
- Purchase any items not specified in your support plan or agreed outcomes without the prior agreement of the commissioner
- Purchase alcohol or tobacco products
- Access gambling services or facilities
- Repay a debt
- Purchase primary medical services (such as diagnostic tests, vaccinations, immunisation or screening or general medical treatment)
- Purchase urgent or emergency treatment services (such as unplanned hospital admissions)
- Purchase planned surgical procedures
- Purchase services provided under the National Child Measurement Programme or provided as part of a NHS Health Check
- Pay for certain charges relating to dental treatments, optical appliances, medical appliances or pharmaceutical products or services because the NHS already funds these services through existing contracts.



What information, advice and support is available to me?

The evaluation of the personal health budget pilot programme demonstrated that having the right information and support is key to an individual being able to achieve good outcomes with a personal health budget. The CCG has therefore invested in independent support, advice and brokerage services across Devon.

The CCG provides information and leaflets covering personal health budgets and integrated personal commissioning. These are available on request from the CCG's Personal Health Budget Delivery Team or from your Care Coordinator working in any of our service providers.

Direct payment support services provide advice and support to direct payment holders. Our Direct Payment Support Service supports individuals by providing good quality advice and information, as well as specific financial and employment support. The service supports individuals who commission their own services, as well as those who choose to employ personal assistants to meet their needs. Our direct payment support services across Devon support people with the following key tasks:

- Information and Advice
- Financial Support
- Employment Support
- Personal Assistant Support and Training
- Service User Engagement
- Virtual Prepaid Cards

If you choose to receive your personal health budget through a Direct Payment, the CCG will refer you to our commissioned Direct Payments Support Services:

- Enham Trust (Plymouth City Council footprint)
- Devon County Council Direct Payment Support Service (Devon County Council footprint)

In addition to our Direct Payment Support Service, the CCG provides personal health budget holders with an independent support planning service. This enables people to plan their support with an expert facilitator.

Which organisations are responsible for the delivery of personal health budgets?

- NHS Northern, Eastern and Western Devon Clinical Commissioning Group
- Livewell Southwest
- Devon Partnership NHS Trust
- Virgin Care Integrated Children's Service
- North Devon Healthcare NHS Trust



Has the CCG engaged with partners and people with lived experience in shaping its local offer?

In developing our 'local offer' the CCG has engaged with independent organisations, user groups, carers forums, voluntary and community sector organisations and health and social care commissioners and providers. Furthermore we have attempted to incorporate information gathered from engagement work we have undertaken to support other related areas of work, particularly work being undertaken to support our Transforming Care programme. This programme aims to develop a new model of care for people with learning disabilities and autism and work being undertaken to develop Education, Health and Care Plans for children and young people with special educational needs and disabilities.

During the development process we have engaged extensively with the stakeholders listed below. Our intention however is to continue this engagement and consultation work in 2016-17 particularly as the IPC programme gains momentum. Appendix 2 provides a summary of the main themes that have emerged from the engagement work that has been carried out to date to support this document.

- IPC Forum
- Mental Health Strategic Quality Improvement Partnership (SQUIP)
- Autism Partnership Board
- Learning Disability Partnership Board (Devon , Plymouth)
- Devon Link Up
- In Control Parent forum
- South West Regional Children's provider forum
- Devon Partnership Trust Board
- Devon Provider Engagement Network



Appendices

Appendix 1 - What is IPC?
Appendix 2 – Summary of
engagement themes and feedback
Appendix 3 - Personal Health Budget
CHC Policy document

Useful links to further information

www.nhs.uk/personalhealthbudgets

This link will take you to the NHS Choices website, where you can find information about PHBs.

[http://www.personalhealthbudgets.england.nhs.uk/library/Resources/Personalhealthbudgets/2014/Guidance on Direct Payments for Healthcare Understanding the Regulations March 2014.pdf](http://www.personalhealthbudgets.england.nhs.uk/library/Resources/Personalhealthbudgets/2014/Guidance%20on%20Direct%20Payments%20for%20Healthcare%20Understanding%20the%20Regulations%20March%202014.pdf)

This link will take you to detailed guidance about the use of Direct Payments in the NHS.

www.personalhealthbudgets.england.nhs.uk

This link will take you to the NHS England PHB website, where you can find lots of information about PHBs and how they are being introduced in England.

www.in-control.org.uk

This link will take you to the homepage of in Control, a charity and social enterprise which has played a very important role in the introduction of personal budgets and personal health budgets in England.

www.peoplehub.org.uk

This link will take you to People Hub, a national organisation run by and for people with personal health budgets. You can make contact with the network, and get in touch with other people with personal health budget
