



Who can help me plan my support?

- community nurse or clinical case manager
- friends and family
- a support broker

What if I'm unable to look after the money myself?

Your carer or a family member can support you, or you could choose a managed account service from Trafford CCG's approved provider list.

What happens if I don't spend the money?

We will regularly look at how you are spending your money and you may be audited on a spot check basis.

Towards the end of a year a full audit will be undertaken. Any money you do not use will be returned to Trafford CCG.

For more information:

 Healthwatch Trafford - 0300 999 0303

 info@healthwatchtrafford.co.uk

 www.traffordccg.nhs.uk/PHB

The information in this leaflet can be made available in other formats and languages by calling the communications team at Trafford CCG on **0161 873 9500**.

 @TraffordCCG



Personal Health Budgets

And what they mean for you



Personal Health Budgets

What is a Personal Health Budget?

A Personal Health Budget (PHB) is an agreed amount of money, based on your healthcare and well-being needs, with which you can plan and implement care and support.

The care you purchase must meet your health outcomes (a way to measure how well your health is maintained or improved) which will be agreed with your Community Nurse or Clinical Case Manager.

Choosing a PHB means you will have the option and flexibility to decide on the services which meet those outcomes and you will have control over your care, enabling you to co-ordinate it in a manner which supports your lifestyle and well-being.

Why have they been introduced?

The Government is keen for people to have more choice and control in the planning and support of their health and social care needs.

You may wish to develop a joint budget where you combine both CCG and Council funding streams.



Who can get them?

You may be eligible for a PHB if you are known to the following teams:

- Community Learning Disability team
- Community Mental Health team
- Complex and Additional Needs (CAN) team
- Neurological Rehabilitation team
- NHS Continuing Healthcare (CHC) team

How do I apply?

You can apply through the community team that currently supports you – if you would like advice on this please contact Healthwatch Trafford, on the details overleaf. The length of time this will take depends on your circumstances.

What can a PHB be spent on?

The money must be spent on meeting the health outcomes you will have agreed with your Community Nurse or Clinical Case Manager.

This may include services such as home-care, therapies, bespoke equipment, physiotherapy, or respite.

Trafford CCG has a local offer for personal health budgets which will be discussed with you as you develop your support plan.

What can't it be spent on?

You cannot spend the money on:

- anything illegal
- cognitive behavioural therapy and counselling
- employing people in ways which breach employment regulations
- health assessments
- prescription medicines
- primary medical services provided by GP's
- purchasing goods or services which do not meet agreed outcomes
- statutory acute or community health services
- urgent or emergency treatment or admissions to hospital