

Personal Health Budgets

Co-producing the Offer in Tameside and Glossop

Spring 2016

Objectives of this briefing

1. Learn about PHBs and our joint responsibilities
2. Learn about the evolving CCG PHB Offer
3. Explore your role in promoting and supporting people
4. Help co-produce the offer by
 - Specifying your training needs
 - Being a critical friend
 - Encouraging patients and carers to join the Peer Network
5. Spreading the word to patients and carers

What is a personal health budget?

A personal health budget is an amount of money to support a person's identified health and wellbeing needs, the application of which is planned and agreed between the individual, their representative or, in the case of children, their families or carers and the local NHS team.

It is not new money but it is money that would normally have been spent by the NHS on a person's care, used more flexibly to meet their identified needs.

Putting people in the driving seat

Having a personal health budget:

- Radically **changes the relationship** between the health professional and patient to a much more equal one.
- Delivers **integration** at individual level and higher quality care.
- Works well for people with complex needs – eg those at **high risk of hospital admission**.
- Enables a wider range of possible solutions than traditionally commissioned services.
- Promotes **self-management** and reduces reliance on NHS services.

What's in, what's out

Funding and services available within a Personal Health Budget are determined locally however there are certain elements are not currently available to be included

Not for

- GP services
- Unplanned emergency care
- Surgical procedures
- Vaccinations & Immunisations
- Screening, health checks and child measurement
- Medication
- Prescription charges or other NHS charges
- Anything illegal
- Alcohol, tobacco, debt repayment or gambling

Everything else could be in...but it must be linked to health outcomes and  must be agreed in the support plan.

The personal health budgets evaluation

A pilot study ran for three years from 2009 to 2012 and was independently evaluated. It found:

- better care related quality of life, and psychological well being
- no change in health conditions (no improvement, no deterioration)
- lower hospital admissions & less use of other NHS services e.g. GPs
- worked well where people had choice of deployment options & flexibility over how money could be spent (outcomes were *worse* where this was not the case).

Maximum flexibility achieves the best outcomes

Ways of managing the money

CARE PLAN

At the heart of a personal health budget is a care plan, developed by an individual in partnership with their healthcare professional

Notional budget:
the money is held
by the NHS

Third party budget:
the money is paid to
an organisation that
holds the money on the
person's behalf

**Direct payment
for health care:**
the money is paid to
the person or their
representative



What the CCG is required to do

The expectations of CCGs to expand their Personal Health Budget offer was outlined in [Forward View into action: Planning for 2015/16](#): *To give patients more direct control, we expect CCGs 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.*

2016-17 deliverables:

- Produce a plan with specific milestones for improving patient choice by 2020, including in personal health budgets.

National Mandate 2020:

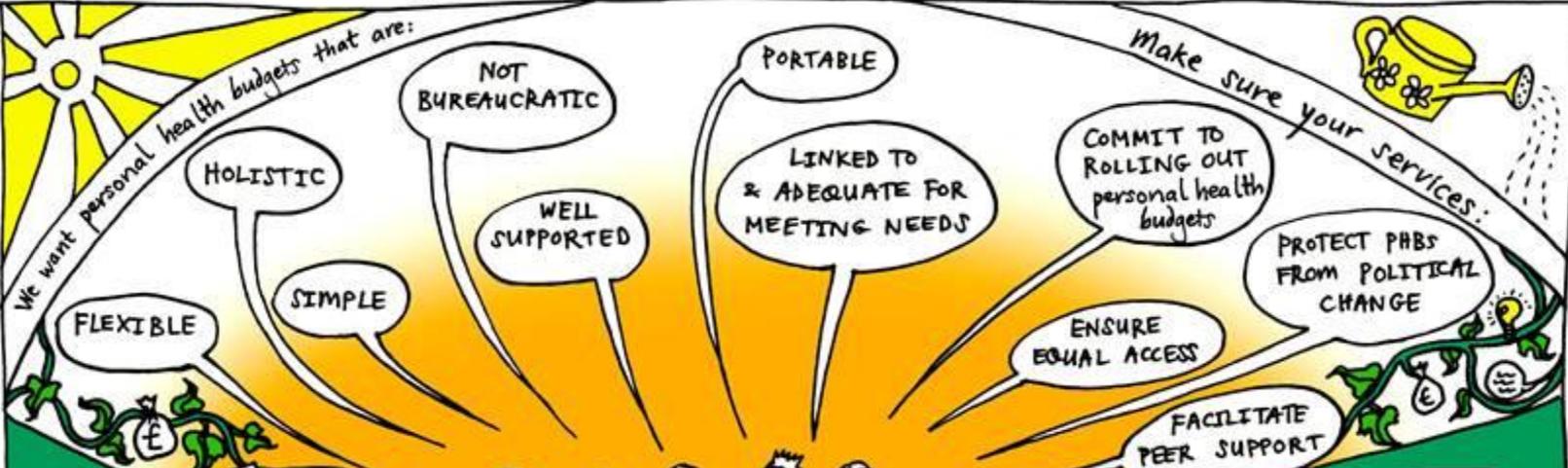
- 50-100,000 people to have a personal health budget or integrated personal budget (up from current estimate of 4,000).
- This equates to 0.1 to 0.2% of our population, that is 250 to 500 patients.

The CCGs ambition for 2016/7

- Build a creative person-centred process that works
 - for patients
 - for staff
 - for services
 - financially (within existing financial envelope)
- Increase the number of people with a Personal Health Budget from 9 to 30
- Have a great plan to go further in 2017/8

Personal Health Budgets: What we have learnt about how to make them happen

PEER NETWORK MESSAGES:



PROJECT MANAGER'S ADVICE:

<p>Put good, solid, proportionate, transparent & flexible systems in place. (copy other places)</p>	<p>This is real, long-term change. Work with staff. Start by taking small, easy steps.</p>	<p>Nominate a project lead. Allocate adequate resources.</p>	<p>Keep involving those who will use PHBs, & the voluntary & community sectors in design & development.</p>	<p>Engage with G.P.s & other clinicians at the onset.</p>	<p>Identify key champions including those from other organisations, link them to development.</p>

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Who do we think PHBs will work for?

People who **frequently use health services** such as

- Children with an Education Health and Care Plan
- People needing long-term rehab
- People with long-term health conditions who use hospital services a lot
- People with long term mental health needs
- People with Learning Disability or Autism and MH needs or at risk of hospital admission/are in hospital

The Process

If a person is interested in having a personal health budget the following process applies

Step 1 - Submit an ***Expression of Interest*** form

- The CCG will use this to identify the indicative budget by collating and costing all activity
- Essential NHS support is subtracted from this
- The remainder can be considered for use to meet outcomes specified within the Personal Support Plan.

The Process

Step 2 - Develop a *Personal Support Plan*

- Once indicative budget is known patients will prepare a person centred plan with clear, SMART, health outcomes, with support as required
- Plan needs to be supported by a healthcare professional who knows the patient well
- Plan is submitted to the PHB Coordinator for checking and presentation at Panel

The Process

Step 3 - Panel decision

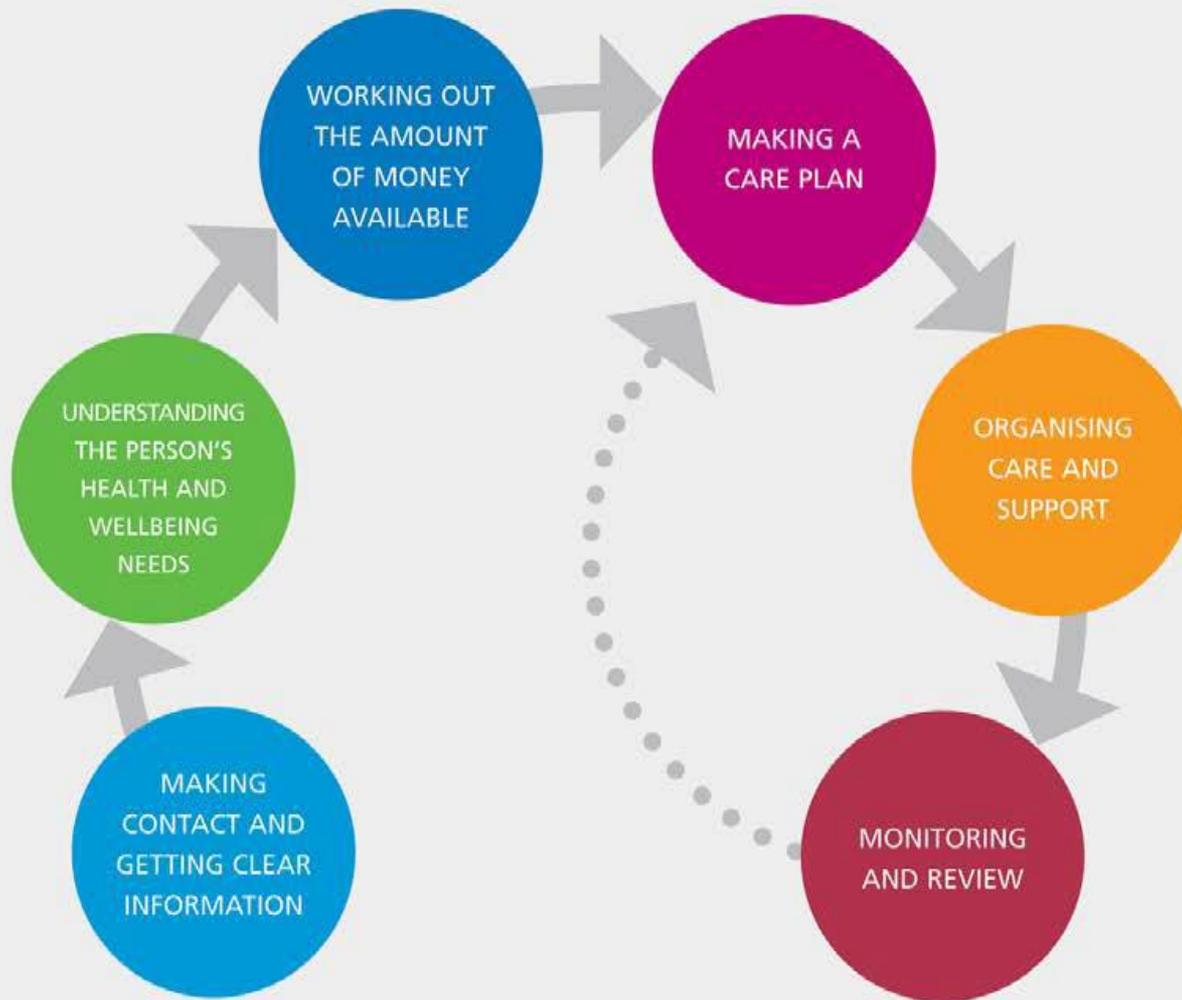
- The Personal Support Plan will be presented at the multiagency **PHB Panel**
- The Panel will make a decision based on the information available. This may be to award the PHB, to seek further information or to decline.
- The patient will receive feedback within **3** working days of the Panel

The Process

Step 4 - Personal Health Budget awarded

- Agreement will be put in place
- Finance processes will be established to provide the budget – direct payment or through chosen Third Party
- Person will organise their care and support as per Plan, providing evidence of expenditure for audit
- Outcome information will be supplied as per monitoring plan

The steps of the personal health budgets process



Your role

- Know about PHBs and what they can achieve – be prepared to change your thinking, feelings and behaviour
- Share information and inspire your patients about PHBs as a potential creative solution to meeting/improving their health needs
- Promote the PHB Peer Network to any patients interested in a PHB – first meeting 18th May 2016
- Support people to prepare PHB documentation and agree process within your team re supporting a PHB plan
- Provide monitoring information as per the Plan.

Your role

- Know about PHBs and what they can achieve – be prepared to change your thinking, feelings and behaviour
- Share information and inspire your patients about PHBs as a potential creative solution to meeting improving their health needs
- Support people to prepare PHB documentation and agree internal process within your team re supporting a PHB plan
- Provide monitoring information as per the Plan.

What do you need from the CCG to do this?

Any Questions?