

Personal Health Budget – Milton Keynes Clinical Commissioning Group Local Offer

What is a personal health budget?

A personal health budget is an amount of money that is spent on meeting the healthcare and wellbeing needs of people, generally those with a long-term illness or disability. The NHS wants to make it easier for people to get the NHS care that best suits them. Having a personal health budget is one way we think we can achieve this.

If you have a personal health budget, you will be able to use it for a range of things to help you meet your health and wellbeing goals, for example therapies, personal care and equipment. You will not be able to pay for emergency care and care you normally get from a family doctor. You are also not allowed to spend the money on gambling, debt repayment, alcohol or tobacco, or anything unlawful.

A personal health budget can take three forms:

- Notional budget - No money changes hands. You find out how much money is available and talk to your doctor or care manager about the different ways to spend that money on meeting your needs. They will then arrange the agreed care.
- Real budget held by a third party - A different organisation or trust holds the money for you, helps you decide what you need and then buys the services you have chosen.
- Direct payment - You get the cash to buy the services you and your doctor or care manager decide you need. You have to show what you have spent it on, but you buy and manage services yourself. A personal health budget is not the same as a direct payment.

Milton Keynes Clinical Commissioning Group is committed to expanding Personal Health Budgets beyond patients in receipt of Continuing Healthcare funding from April 2016. As part of this new initiative we will aspire to:

- See the patient as the expert in their own life
- Provide clear and accessible information about PHBs
- Take into account that PHBs will not be appropriate for everyone
- Calculate a comprehensive indicative budget
- Endorse the support planning process which is the lynchpin of a PHB
- Remain open minded and flexible in decision making; advocating choice and control and a transparent process
- Focus on the outcomes the support plan aims to achieve for an individual's health and wellbeing, not the specific items bought
- Facilitate patients to make informed decisions taking into account risk to themselves, others and the organisations involved

- Work with local providers to ensure there is a range of services to choose to purchase with a PHB
- Provide efficient and safe means for managing a PHB
- Work closely with the local authority to provide a seamless process for integrated packages
- Monitor and evaluate the impact of PHBs on individuals and their care and use feedback to make positive changes to our systems and processes

During 2016/17 Milton Keynes Clinical Commissioning Group will develop personal health budgets for:

- **Adults and children with learning disabilities**

During 2016/17, Milton Keynes Clinical Commissioning Group will explore Personal Health Budgets for individuals impacted by the Joint Transformation Plan.

The specific cohort for 2016/17 will be children and adults with learning disability and/or autism who may exhibit challenging behaviours, are currently receiving inpatient care and those who are on Milton Keynes Transforming Care 'at risk' register i.e. people supported within the community but who may be at risk of admission. In Milton Keynes, this amounts to approximately 150 children and adults who are (or are planned to be) supported within the community through individual packages of care (IPC).

Throughout the next 12 months Milton Keynes Clinical Commissioning Group will:

- i) Work with care coordinators to review the elements of the care package to identify which aspects could be funded under PHB i.e. cashable care plan
- ii) Work with care coordinators to identify any inherent risks in offering a PHB and work to mitigate these risks
- iii) Work with the service user and their family carer to develop a PHB to meet identified need

People with learning disability and/or autism may have specific additional needs to access a Personal Health Budget. The CCG will consider mechanisms to facilitate access to a Personal Health Budget such as contracting Care Navigators/ Brokerages/Advocacy.

- **Children with special educational needs and disabilities**

Milton Keynes Clinical Commissioning Group will to work with MKC to align the personal health budget and personal budget offer for children and young people aged 0-25 who has an Education, Health and Care (EHC) Plan. The initial focus will explore opportunities for children and young people who have a learning disability and / or autism in line with the Transforming Care agenda

During 2016/17 we will work with children and families to understand how they would like to use personal health budgets to meet their needs and support them to achieve the best outcomes. This will help the CCG develop future contractual arrangements to support the expansion of Personal Health Budgets.

- **Continue to promote Personal Health Budgets for NHS continuing healthcare and children's continuing care**

Milton Keynes Clinical Commissioning Group will also develop a longer term strategy for expanding personal health budgets to 1-2 in 1,000 people (0.1%-0.2% of the population). Expansion plans will also focus on the development of integrated budgets.

Can I apply for a personal health budget in Milton Keynes?

If you feel you meet one of the criteria outlined above and would like more information about Personal Health Budgets, please contact:

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