

# Personal health budgets *update*

March 2012



A pilot programme involving around half the primary care trusts in England is underway to test out personal health budgets in the NHS. An in-depth study with twenty of these sites is part of a wider evaluation exploring how best to implement personal health budgets, and who will benefit most from them. The final report on the evaluation will be available in October 2012.

## Personal health budgets toolkit

**Over the course of the pilot, the Department of Health has been working with sites to gather learning, examples and stories about how personal health budgets are being implemented.**

Between April and October we will publish a toolkit of learning materials and guides which will help show the NHS how personal health budgets can be put into practice. Coming soon is a quick guide to the toolkit, listing all the documents for publication by October. Among the first to come out will be a guide to setting personal health

budgets in NHS Continuing Healthcare, and a guide to care planning.

The toolkit is based on intensive work by pilot sites, and is being co-produced with personal health budget holders and their families. It is not guidance from the Government, but will bring together the best of the practical learning from sites. The toolkit is mainly aimed at NHS staff and managers, but our goal is for the content to be useful and accessible to everyone. The toolkit will focus on a number of important areas including:

- What personal health budgets are and how could they improve outcomes

- How to decide how much money is in a personal health budget
- What the options are for managing a personal health budget and how the money can be spent
- How to find out if personal health budgets are getting good results for individuals
- What might these changes mean for GPs, other clinical staff, providers and commissioners
- How personal health budgets will fit with the new structure of the NHS
- How to bring about change at a local level and get people on board.

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## peoplehub



Recently, peoplehub picked up the rein to host the online forum for people with a personal health budget on its new website, [www.peoplehub.org.uk](http://www.peoplehub.org.uk)

The peoplehub network aims to connect people with direct experience of personal health budgets, empower them with clear and accurate information and provide an opportunity for their voices to be heard.

The forum, previously on NHS Choices, is a virtual space where people with a personal health budget (or who are interested in having one), their families and carers can talk about their experiences, ask questions and support each other. The forum is the first part of the [peoplehub website](http://www.peoplehub.org.uk) to go live, with new content coming soon.

### Understanding personal health budgets

We're updating our little blue leaflet, "Understanding personal health budgets", and plan to publish a PDF version on the Learning Network. This much-used leaflet aims to introduce the idea of a personal health budget to people being offered one. It contains answers to frequently asked questions, shares personal stories and provides further sources of information. We will also be updating the easy read version of the leaflet. So check the [publications page](#) on the Learning Network in April, when the updated leaflets will be ready.

## Seeking your stories...

We want to film eight people taking part in the national pilot programme for our second DVD of stories, for release in October when the final independent evaluation report on the pilot is published.



The short interviews will cover people's experiences so far, how they found the care planning process, what they spend their personal health budget on and how they made those decisions. We'd also like to include the perspectives of family, carers and the professionals involved in the person's healthcare.

We're specifically looking for people whose personal health budget relates to NHS Continuing Healthcare, mental health and long term conditions – particularly, but not only, diabetes; as well as people with an integrated health and social care personal budget, young people in transition to adulthood, and wheelchair users.

If you have a personal health budget in a pilot area of England (or are close to someone who does, i.e. you are a carer, or a healthcare professional) and you would like to share your story on camera, please contact us at [personalhealthbudgets@dh.gsi.gov.uk](mailto:personalhealthbudgets@dh.gsi.gov.uk). If your story is not featured on the DVD, we may ask permission to interview you for a written story for publication on our website.

On the Learning Network you will find all the [stories](#) from the pilot programme so far.

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# What's happening locally

Three in-depth evaluated pilot sites tell us how personal health budgets are progressing in their area...

## NHS Hull (City Health Care Partnership CIC) – Yorkshire & Humber SHA

The NHS Hull pilot is focusing on individuals with long term neurological conditions, Chronic Obstructive Pulmonary Disease and diabetes, and those who access NHS Continuing Healthcare and end of life care.

**109 people are participating in the in-depth evaluation.**

Being more in control of decisions has made a huge difference to people, and helping them achieve their outcomes in new ways has also been very exciting for the professionals involved. Sharing real stories has helped the pilot site celebrate success. NHS Hull have found that connections with their Local Authority are becoming increasingly important in achieving integrated outcomes; and that providers are beginning to realise the opportunities of working closely with the pilot.

NHS Hull plans to extend the offer of personal health budgets within NHS

Continuing Healthcare (including end of life care), and is looking to develop personal health budgets in the area of chronic pain management.

## NHS Oxfordshire – South Central SHA

The NHS Oxfordshire pilot is focusing on individuals who access NHS Continuing Healthcare, incorporating children in transition; adults with physical and learning disabilities; older people, including those with mental ill health; and end of life care.

**84 people are participating in the in-depth evaluation.**

Staff in the pilot have found that having time and opportunity for transparent conversations with people about money and care has resulted in improved relationships with patients. People have been enthusiastic about, and willing to take on the responsibilities of, a personal health budget, and are finding greater satisfaction with the services they are purchasing.

As part of local plans to roll out personal health budgets more widely, NHS

Oxfordshire is looking to extend its learning to other areas including children's services; integrated health and social care budgets; and neurological long term conditions.

## NHS Merseyside – North West SHA

The NHS Merseyside pilot is focusing on individuals aged 16+ with a severe and/or enduring mental illness.

**150 people are participating in the in-depth evaluation.**

The majority of people with a personal health budget in Merseyside have received funds as a one-off amount, and creatively used the money to achieve their health goals. Worries that opportunities, budgets or purchased items would be misguided or misused have been dispelled again and again.

Looking ahead, NHS Merseyside aims to widen access to personal health budgets across the new Primary Care Trust cluster it is now part of, and to open up to personal health budgets to people receiving NHS Continuing Healthcare over the next six months.

2,700 participants across 20 in-depth evaluated pilot sites.

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## In the news

**On Monday 5 March, BBC One's national TV 'magazine' programme The One Show aired a piece about personal health budgets.**

The project lead from pilot site NHS Manchester was interviewed, as was Martin, who has a personal health budget as part of the NHS Tees pilot. This is the first national television story about personal health budgets, and we anticipate more as the pilot progresses.

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## Twitter



Twitter lets you find out what's happening, right now, with the people and organisations you are interested in.

If you are on Twitter, search "personal health budgets" to see the many conversations. You can also follow @KymatDH for personal health budgets updates from our communications advisor Kym Lang.

## 2012 milestones

- **February** – Online forum for people with a budget on [www.peoplehub.org.uk](http://www.peoplehub.org.uk)
- **March** – National television coverage on The One Show.
- **March** – 66 sites in the pilot programme.
- **March** – 34 sites now approved to pilot direct payments for healthcare.

Contact us by emailing the personal health budgets team at: [personalhealthbudgets@dh.gsi.gov.uk](mailto:personalhealthbudgets@dh.gsi.gov.uk) Sign up to automatically receive this newsletter each quarter by clicking on 'Your Details' at the top of any web page on: [www.dh.gov.uk/personalhealthbudgets](http://www.dh.gov.uk/personalhealthbudgets)