

# Personal health budgets *update*

Summer 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 pilot programme will run until 2012.



## Fifth evaluation report on the pilot

**The fifth interim independent evaluation report about the pilot programme has been published by the personal health budgets evaluation (PHBE) team.**

“Experiences and outcomes for budget holders at nine months” interviews 52 budget holders and 13 carers in the pilot about their experiences of personal health budgets after nine months.

These interviews suggest there is widespread potential for personal health budgets to lead to improvements in health and wellbeing. The majority of people with a personal

health budget benefited through both improved health outcomes and increased satisfaction levels. Increased self-confidence, reduced use of GP services and prescriptions and better relationships with health professionals were among the other reported benefits.

As budget holders’ health improved, they reported needing to rely less on family carers; less anxiety and stress on the part of relatives; and increased ability to take part in family activities. Carers also reported direct benefits when personal health budgets reduced the amount of care they had to give

and indirect benefits from seeing improvements in the wellbeing of the person they supported.

As with the fourth interim report on the pilot published in October 2011, this report highlights that the role of information, advice and support is vitally important. The report identifies some challenges, and work continues to explore these in more detail, to develop methods to overcome them and help the NHS to deliver personal health budgets in the longer term.

You can read the report, and previous reports, in full on the [Learning Network](#).

Fifth evaluation report ●

peoplehub web launch ●

Stories and leaflet ●

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## peoplehub website launch

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 new [peoplehub website](#) launched fully in May. If you have a personal health budget, care for someone who does or are interested in having one, visit the website where you can download information sheets, read blogs by people with personal health budgets and share your experiences via the discussion forum or direct messaging.

We encourage healthcare professionals to share the weblink with people participating in the pilot programme.

## Meetings

The DH team took part in events organised by the Nuffield Trust about personal health budgets and commissioning, on 26 April and 23 May; an NHS Confederation and ADASS event on 28 May about integrating health and social care personal budgets, and annual conferences for the NHS Confederation and College of OTs in June.

A two-day meeting in May brought together frontline healthcare practitioners, people in the peer network and project leads from the PCTs in the pilot programme.

## Stories

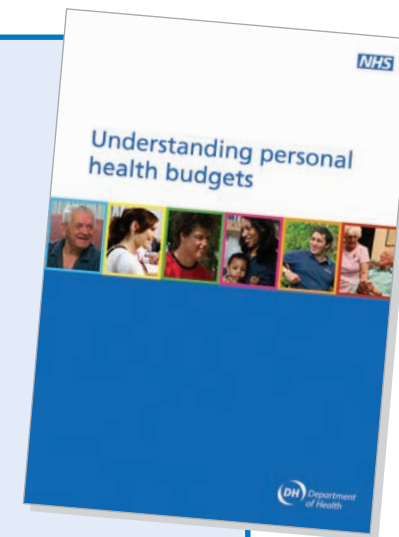
Tom, 18 and from Dorset, lives and works on his family's farm. Tom lost almost all use of the left side of his body after a brain haemorrhage. With his personal health budget he was able to rehabilitate at home, rather than remain in hospital.

Combined with a return to physical work on the farm, this approach helped Tom's left-side functioning improve dramatically and he returned to work full-time eight months earlier than expected. [Read Tom's story](#) in full, including interviews with his consultant and Dorset's pilot lead.

We have also started filming for our second DVD of interviews with people with a budget and professionals.

## Understanding personal health budgets leaflet

This information leaflet has been updated. It is now available as a PDF on the [publications page](#) of the Learning Network. The leaflet introduces the idea of a personal health budget to people being offered one and includes personal stories, answers to frequently asked questions and further sources of information. We will be updating the easy read version of the leaflet this summer.



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# Updates from the pilot sites

Three sites from the wider personal health budgets pilot programme update us on their progress...

## NHS Lambeth – London SHA

The pilot in Lambeth is focusing on people with a mental health need. Many of the personal health budgets have been made as one-off payments under £500, to help people work towards their goals in relation to their ongoing recovery and wellbeing.

### **20 people are participating in the pilot.**

The pilot has been successfully developing good practice in areas such as co-production, care planning and staff training. It has also been working collaboratively on integrated budgets, offering personalised packages of care to people with both health and social care needs.

Over the next phase of the pilot Lambeth's working with GPs; looking to extend the availability of personal health budgets and integrated budgets; and continuing to develop a universal recovery and care plan and assessment process to be used across health and social care.

## NHS Somerset – South Central SHA

The pilot in Somerset is trialling the use of personal health budgets for people who access NHS Continuing Healthcare for long term neurological conditions, learning disability or transition to adult services. NHS Somerset is now able to extend personal health budgets by offering direct payments for healthcare to all people with NHS Continuing Healthcare needs.

### **34 people are participating in the pilot.**

Care managers in Somerset say that robust contingency planning, a feature of personal health budgets, has contributed to a reduction in crises and breakdowns in care. Budget holders are enjoying being in control of their own care, so that they can live their lives as they wish.

NHS Somerset hosts a South West learning network, supporting six other areas outside the pilot programme to prepare for national rollout of personal health budgets.

## NHS North East Lincolnshire Care Trust Plus (Care Plus Group CIC) – Yorkshire & Humber SHA

The pilot in North East Lincolnshire is focusing on people who access NHS Continuing Healthcare, are eligible for joint funded care or wheelchair services, or who have dementia.

### **28 people are participating in the pilot.**

Aligning and integrating mechanisms has made the transition from social care personal budgets to personal health budgets easier for people eligible for NHS Continuing Healthcare. People continue to express feelings of having a better quality of life because of personal health budgets: through being able to maintain control over their care, and get the flexibility they require from local services to implement their care plan.

North East Lincolnshire plan to further simplify the personal health budgets system for sustainable implementation, and enable access for budget holders to more quality community-based services to help meet their health outcomes.

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## Children and young people

“Support and aspiration: A new approach to special educational needs and disability – progress and next steps”, the Government’s response to the SEN and Disability Green Paper, was published in May.

The [document](#) reinforces the Government’s commitment to a single education, health and care plan for children with special educational needs and disability. Find out more on the SEND Pathfinder website [www.sendpathfinder.co.uk](http://www.sendpathfinder.co.uk)

## Social networks

To join in online conversations on **Twitter**, search for “personal health budgets”. You can also follow [@KymatDH](#) for updates on the pilot programme.



On **LinkedIn**, type “personal health budget” in the group search box or [click here to join the group](#).



## 2012 milestones so far

- **April** – “[Guide to setting personal health budgets for people eligible for NHS CHC](#)” published by the DH.
- **April** – personal health budgets featured in Open Public Services 2012.
- **May** – launch of [www.peoplehub.org.uk](http://www.peoplehub.org.uk)
- **May** – personal health budgets in DH 2012-13 corporate plan.
- **May** – New “Understanding personal health budgets” leaflet.
- **June** – 71 [sites now in the pilot programme](#).
- **June** – 36 sites approved to pilot direct payments for healthcare.

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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)