

Personal Health Budgets

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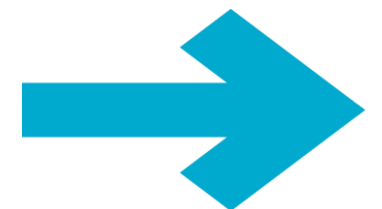
Housekeeping

- Please keep your camera on if your internet connection allows
- Please mute your microphone when you are not speaking to reduce background noise
- Please raise your hand to ask a question
- Please use the chat box – this will be monitored throughout
- Please don't use acronyms so everyone knows what you are talking about!



Agenda for Today

- Overview of Personalised Care
- What is a Personal Health Budget (PHB)?
- Examples
- Where to Find More Information

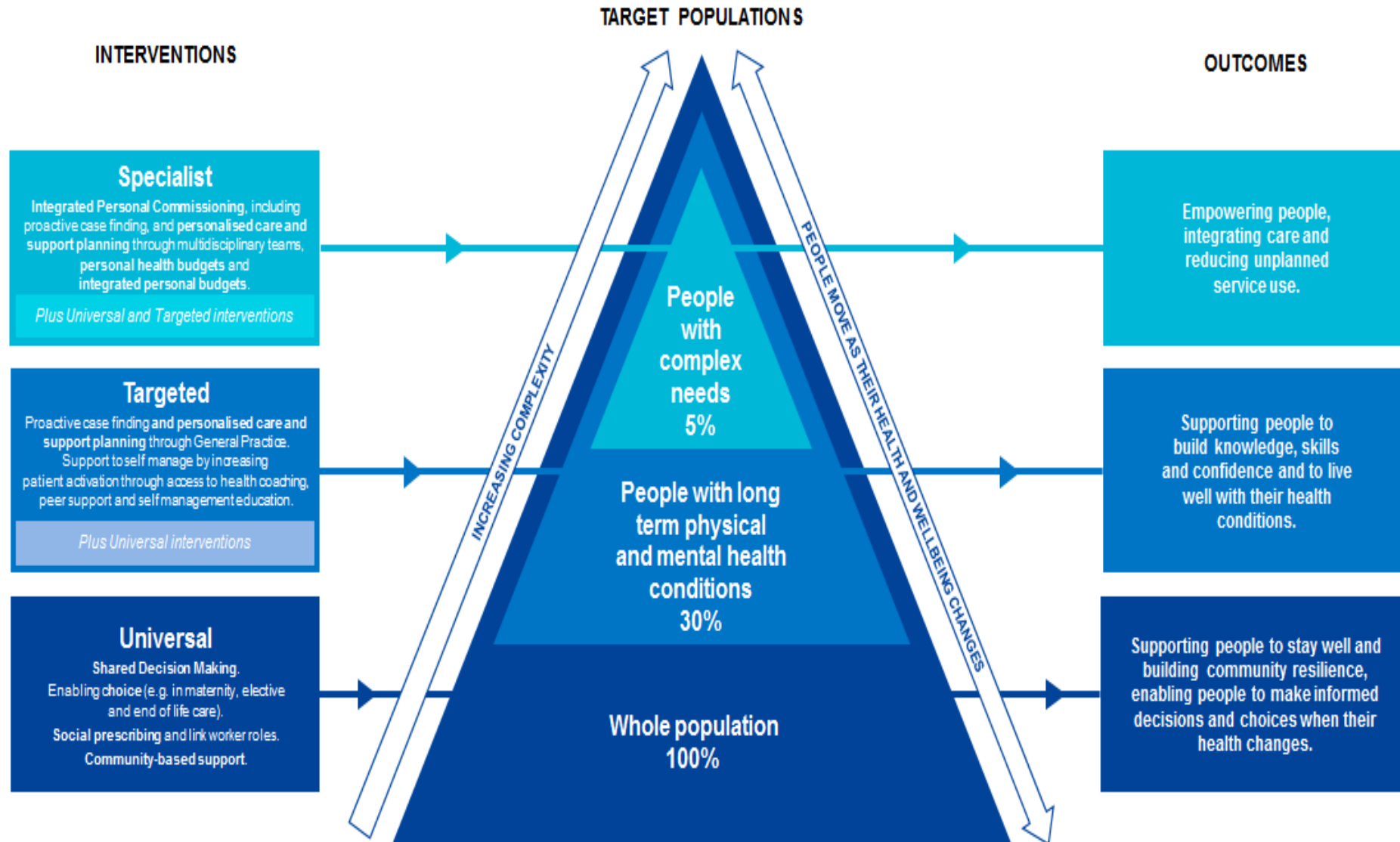


**What is a
personalised care?**



Comprehensive Personalised Care Model

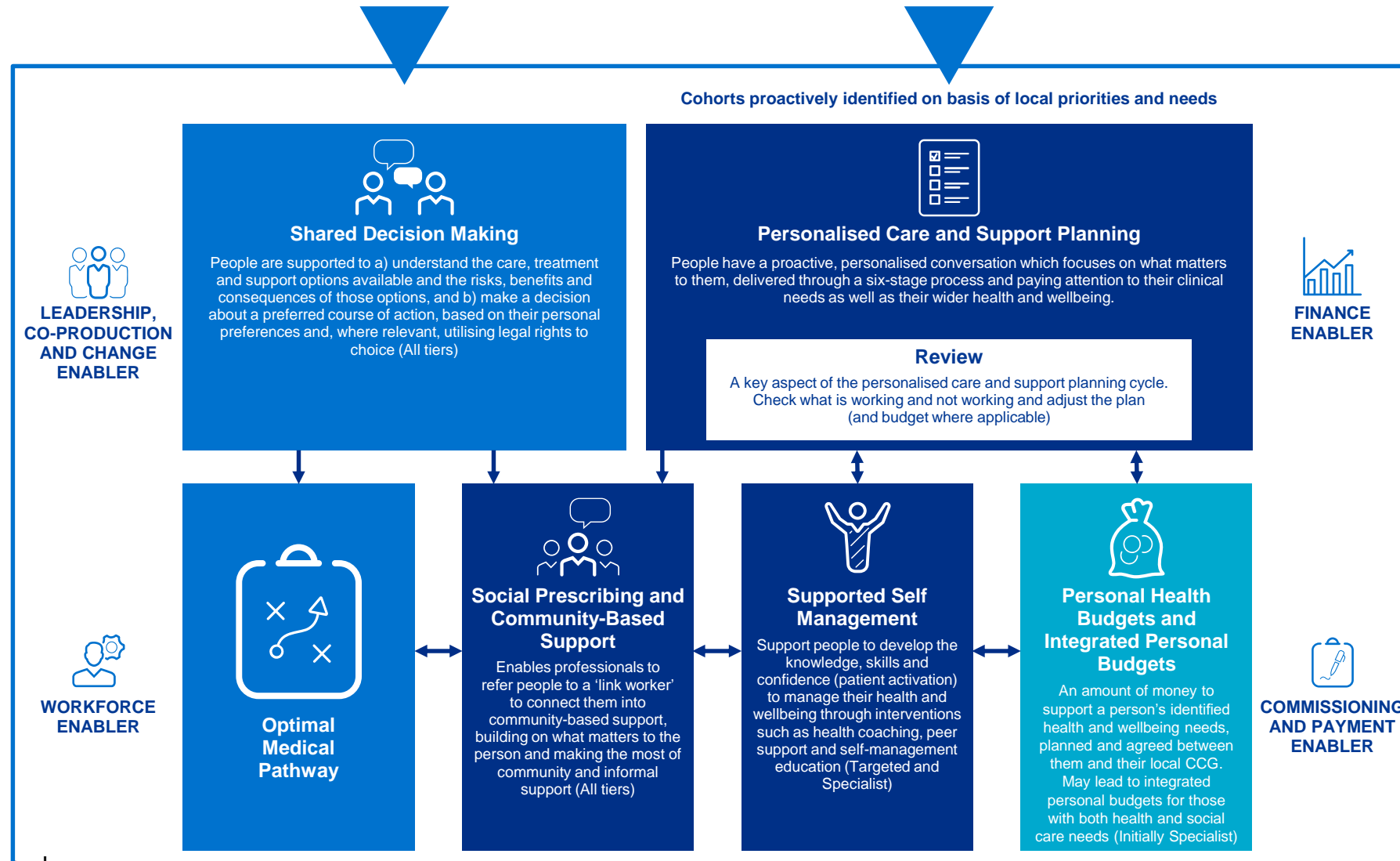
All age, whole population approach to Personalised Care



Personalised Care Operating Model

ALL AGE WHOLE POPULATION
when someone's health status changes

30% OF POPULATION
People with long term physical
and mental health conditions



**What is a
personal health
budget?**



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, planned and agreed between the person and their local NHS team”.



Aim

- To give people greater **choice, flexibility** and **control** over the health care and support they receive
- An opportunity for people to work in **equal partnership** with the NHS about how their health and wellbeing needs can best be met
- To target people for whom **local commissioned services are not working**



What key words describe a personal health budget?



What has been the impact of your PHB?



Legal Rights to Have a PHB:

NHS continuing healthcare &
children and young people's continuing care

From 1st October 2014 (amendment)

People eligible for a NHS Wheelchair

From 2nd December 2019

People eligible for s117 Aftercare Funding

From 2nd December 2019

A relevant body is required to grant a personal health budget to a person who meets the above criteria and requests one, unless it is not appropriate in the circumstances. This means these people have the **'right to have'** a personal health budget.

Everyone has the right to **ask** for a PHB

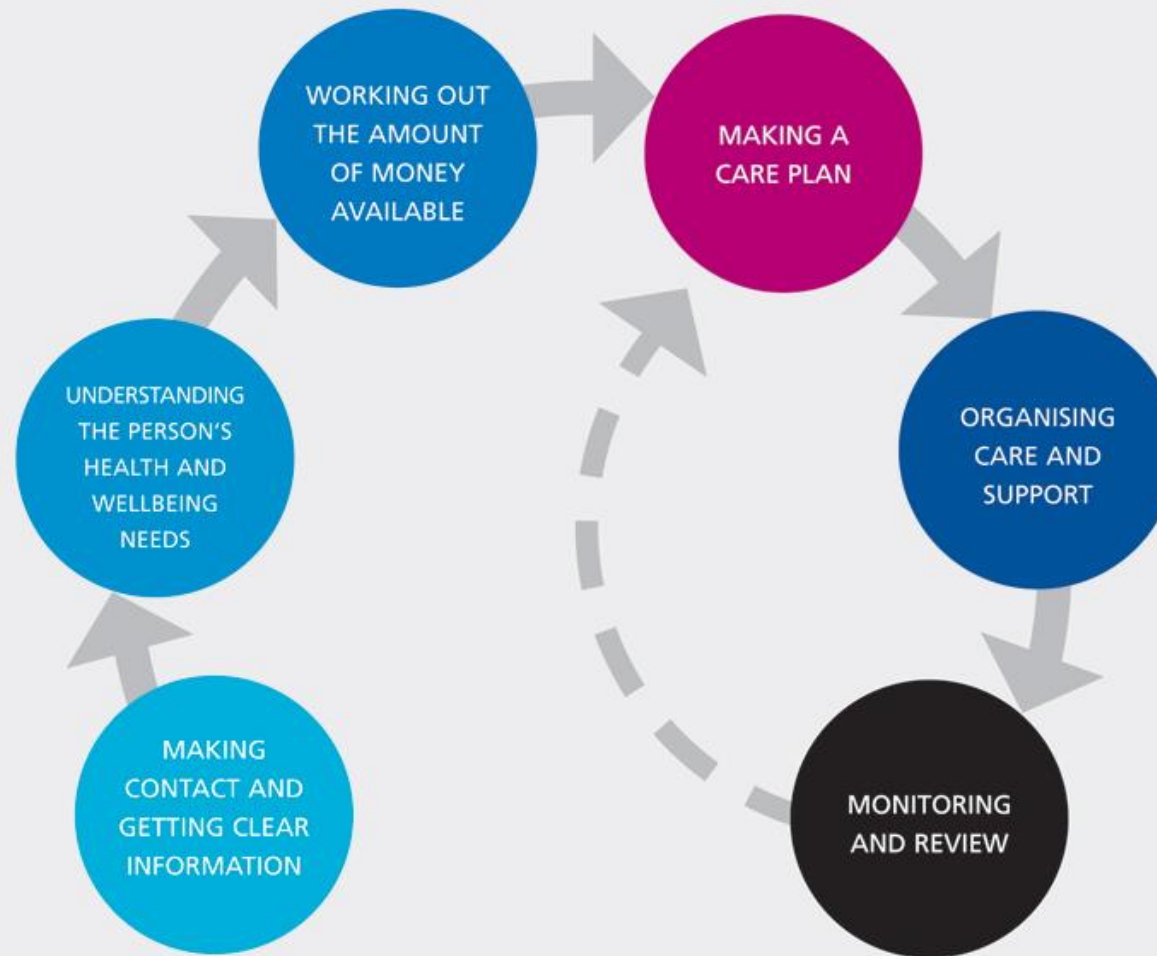


Diversification of PHBs



CHC & Children's Continuing Care	S117	Choice in End of Life Care	High Intensity Users	Wheelchairs and other specialist equipment
Children and Young People's Mental Health	Neurological disability	People with a learning disability	Joint Budgets	Veterans
Carers	Gaps in Services Provision	Annual Health Checks and Social Prescribing	Population Health Management	Mental Health Services

The steps of the personal health budgets process



**Examples of how
Personal Health
Budgets Have
Been Used**



Children and Young People's Mental Health Development Programme

- 13 sites recruited across England in July 2019.
- Aimed to build on 2 prior successful initiatives:
 - Development programme with adult MH service providers in 2018/19 focussed on s117 aftercare
 - Looked After Children (LAC) with MH support needs Demonstrator Project.
- Sites identified areas that they wanted to focus on.
- A lot of people recruited to the programme had a learning disability and/or autism.



CYPMH Sites:	PHB offer:	Pathway
LB Islington CCG	Pilot PHBs offered through Emotional Wellbeing youth workers, VCSE.	Early intervention/ prevention
Basildon & Brentwood CCG	CYP aged 11-18yrs who have not been attending education for over 60 days due to ongoing emotional wellbeing /mental health concerns, VCSE partnership	CYP out of school and on medical needs register
Thurrock CCG	Step down from CYP mental health services, VCSE partnership https://www.youtube.com/watch?v=U7wLOUMiGH0	Generic CAMHS
Bedfordshire CCG	PHB Offer for complex CYP known to CYP mental health services and Social Care & at risk of admission to hospital	2 pathways: Dynamic Support register and; EHCP / SEND
East Lancashire & Blackburn with Darwen CCG	Primary Mental Health Team within local CYP mental health services will use PHB's to support good mental health and continued recovery, to reduce the burden on services, promote choice and build resilience	Early intervention/ prevention
Durham	Pilot a PHB offer for CYP who are eligible for s117 aftercare in one part of the Strategic Transformation Partnership	Section 117 aftercare
Guildford & Waverley – Surrey Heartlands CCG	Children Looked After, aged 8-17 years & who are not engaging with CYP mental health services	Children Looked After with mental health needs
Tower Hamlets CCG	Secondary school age CYP with an Autistic Spectrum Condition and/or Learning Disability, or significant traits/ with no formal diagnosis of these, and; either out of School or in a Pupil Referral Unit	CYP out of school & with a Learning disability &/or autism
Wandsworth & Merton CCG	PHB offer to prevent (re)admission for CYP who are s117 aftercare eligible, and others who have high needs	Section 117 aftercare; CYP with a Learning disability &/or autism
Ipswich and E&W Suffolk CCGs	PHB offer within the newly commissioned crisis intervention/HTT for CYP	Crisis pathway
Calderdale CCG	CYP who are on the medical needs register and unable to attend school because of mental health needs	CYP out of school and on medical needs register
West Kent CCG	Develop a PHB pathway for CYP who are s117 aftercare eligible, stepping down from an inpatient setting, including CYP subject to Community Education and Treatment Review (CETR)	Section 117 aftercare / CETR
Hull CCG	Tested out use of PHBs for an unmet need in cypmh service	Neuro developmental pathway

Thurrock CCG Case Studies

Small amounts of money can actually make a huge difference to people's lives:

- A young person with an autistic spectrum condition who accessed a PHB for peer mentoring was able improve their self confidence to leave the house to attend social groups.
- Three young people have been accompanied to the Prince's Trust Programme and supported to successfully participate following outcomes in their PCSP.
- A young person with a moderate learning disability and autistic spectrum condition established outcomes for themselves as; to develop social skills, physical activity and participate in voluntary work. They were offered a PHB for mentoring. It was £225 for 6 sessions which met all outcomes identified.



Personal Health Budgets for Children and Young People with a Learning Disability, Autism or Both in the North 2019/20

Lead CCG	Summary of Bids	Funding Allocation
NC&NE - North Cumbria CCG	Co-production piece of work with Parent Carers linked to a bigger piece of work around all age PHBs.	£6,500
NC&NE - HAST CCG	The original bid was to fund a Band 8a to establish governance structures across the Southern Collaborative (5 CCGs). This included trial of 2 PHBs in each area.	£15,000
Lancashire & South Cumbria ICS	Parent Carer events, printing resources, staff time	£18,000
Humber - Hull CCG	Offer of PHBs to CYP with unmet sensory needs identified through EHCP.	£10,000
GM - Stockport CCG	Facilitator/expert support to develop the policy, processes and systems for PHBs. This will involve workshops, involvement in working streams and co-ordination with health, education and social care.	£10,500
TOTAL Allocation =		£60,000

Case Studies:



Callum is 6 years old and has a diagnosis of autism. The transition from reception to foundation year 1 was very unsettling for him, eventually resulting in his total refusal to attend school. When at school Callum appeared withdrawn, needing constant support to participate in work. At home Callum although very self-isolative (refusing to leave the house for weeks); would also display challenging behaviours including hitting out and shouting.

The PHB paid for a sensory needs assessment & support plan that identified:

- he has significant sensory sensitivities within his tactile and auditory systems. This affects his attention and makes him over alert and more anxious.
- Additionally he has vestibular, or movement seeking behaviours that help him stay calm. It's not surprising therefore that Callum struggled in his new classroom as it was smaller, noisier and meant that he was much likelier to be touched by others sitting close to him. The change in academic routine required more sitting still, removing Callum's ability to use movement (vestibular seeking) as a coping strategy.
- Additionally the sensory profile provided insight into his dyspraxia and the challenges with this.

The sensory assessment enabled those supporting Callum a greater understanding of his needs and provided guidance for environmental adaptations, dyspraxia therapy and a sensory diet that supports his movement seeking. Following COVID-19, on his return to school we are confident this learning and some practical steps will enable a much more successful reintroduction to education as well as improve concentration and learning.

Making a Difference to Young People's Lives: Mental Health and Social Deprivation



Background

NHS England & Improvement established a project to understand how personalised care interventions can better support children and young people who experience poor mental health and live in our most deprived communities.

NCB commissioned in the winter 2020

- work with selected local areas with high levels of social deprivation
- a mix of urban and rural with an existing offer covering personal health budgets, social prescribing and other elements of personalised care.
- They are at different levels of maturity in terms of their personalised care offer.
- focusing on best practice, facilitators and challenges.

The Local Sites

Nottinghamshire –
You Know Your Mind

Bristol – You're in
Control

Thurrock – Positive
Pathways



What young people liked most about PC support

Personalised



"Able to fit to your needs and wants", "meets our individual needs – our needs are not the same", "individuality"

Feasible

"Super quick to get into" / "no long waiting lists"

Holistic



"I feel accepted"

Reliable



"How warm and friendly the support worker is"

Solutions-focused

"Opened up opportunities like college and volunteering"

Flexible



"Different conversations process worked really well" – "enlightening questions"

"Can be referred into different services, support agencies and groups"



Are personalised approaches making a difference?



Benefits to mental health and wellbeing



Young People:

"I feel less stressed, less anxious, feel able to join in with social activities"

"It has changed my life, I feel I can cope now"



Parent/carers:

"It completely changed our lives. It helped with [child's] education, with their happiness, with my happiness... I don't think I would be here without it."

Are personalised approaches making a difference?

Skills and learning

84%



agreed they felt "more able to make good decisions about my health"

"[personalised approaches have] given me a wider opportunity of things to do, outings, meeting up with an individual worker or even zoom calls where we bake or do quizzes"



"I have learnt new skills like how to cook different meals"



Improved access to college education or employment that they wouldn't otherwise have done

Are personalised approaches making a difference?

Wider Benefits



"It has helped me communicate more with my family and it has given me more determination to carry on"

PHB Information and Support



Future NHS Collaboration Platform –



To join the FutureNHS Collaboration Network Personalised Care page go to <https://future.nhs.uk/connect.ti> and request access.

The screenshot shows the login interface for the FutureNHS Collaboration Platform. At the top left is the FutureNHS logo (three orange chevrons) and the text 'FutureNHS Collaboration Platform'. At the top right is the NHS logo. The main content area is split into two sections. On the left, under the heading 'Existing members - Log in', there are input fields for 'Email *' and 'Password *', a link for 'I forgot my password', a blue 'Log in' button, a link for 'Not a member', and a 'Request access' button. On the right, a blue banner contains the text 'Transforming how health and social care work together' and 'Join our online community of staff working across health and social care', with an orange 'Learn more' button and a large orange chevron graphic. A 'Support' link with a question mark icon is in the bottom right corner.



Personalised Care Collaborative | Microsoft Edge - Chromium

https://future.nhs.uk/connect.ti/PCCN/grouphome

Any members found to be doing this will have their membership revoked.

- Test Folder (managers Only)
- Clinical, Workforce and Quality
- Workspace Report (Workspace Managers only)
- Content Library

Personalised Care	Co-production	Choice	Shared Decision Making
Finance	Digital	Personalised care and support	Social Prescribing
Leadership and Change	Clinical, Workforce and Quality	Supported self management	Personal health budgets
Evidence	Addressing inequalities	Events and training	Children and Young People

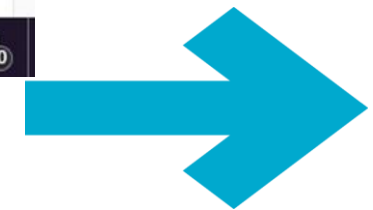
Key communications resources

Page Managers Area

Support

https://future.nhs.uk/PCCN/view?objectID=14430960

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https://future.nhs.uk/PCCN/view?objectID=14302864

upload items here

- COVID-19
- Addressing Health Inequalities
- AHP & Nursing Collaborative
- Children and Young People
- Choice
- Strategic Coproduction
- Cohorts and pathways
- Digital
- Events
- Expo
- Finance, Commissioning and Contracting
- Implementing the comprehensive model of personalised care
- Leadership & Change
- Live Discussions
- Personalised care

Personal health budgets

PERSONAL HEALTH BUDGETS NHS

COVID-19

Back to Basics Implementation Framework

Children and Young People Continuing Healthcare (CHC) End of life High Intensity Users

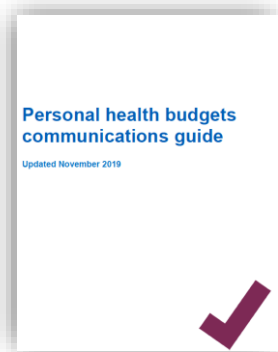
Learning Disability and Autism Mental health Personal wheelchair budgets Veterans Support

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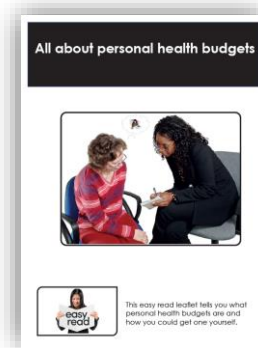
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National Resources



[PHB Communications Guide](#)



[PHB Easy Read Feb 2021](#)



<https://youtu.be/Dc3GTLycZ5k>

- **E-learning modules:** [Personal Health Budgets - e-Learning for Healthcare \(e-lfh.org.uk\)](#)
- **Personalised Care Institute:** www.personalisedcareinstitute.org.uk
- **NHSE Website:** www.england.nhs.uk/personal-health-budgets-

Any Questions?

