

Personal Health Budgets in Sefton



**Children and Young People
Continuing Care and Special Educational Needs**

What is a Personal Health Budget?

A Personal Health Budget is:

- Money to support a child's healthcare and wellbeing needs.
- Based on the individual child or young person
- Planned and agreed between the family, and the local NHS team.



Who can have a Personal Health Budget?

You can have a Personal Health Budget if you are:

- Under 18 and receiving **Continuing Care Funding** because you have complex needs and may require additional health support.
- Aged 0 – 25 and have **Special Educational Needs and Disability (SEND)** if the healthcare team identify that this will help to meet their needs.



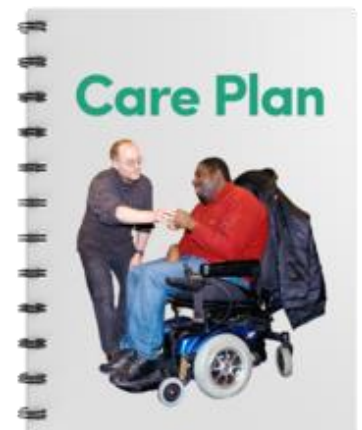
Care and Support Plan

The local NHS team will support you to write a **care and support plan**.

A **care and support plan** gives you more choice and control over how the money is spent.

A **care and support plan** includes:

- The health outcomes for the child and their family
- The amount of money in the Personal Health Budget
- How the money will be spent.



What it can be spent on?

A Personal Health Budget could be spent on things like a personal assistant, care agency or special equipment as long as it has been agreed and it meets the needs of the child or young person.



What can't it be spent on?

A Personal Health Budget cannot be used to pay for alcohol, tobacco, gambling, debt repayment or anything illegal.

Everyone in Sefton must have equal access to services such as the GP, dieticians, speech and language services. The Personal Health Budget **cannot** be used to pay for these services.



Who should I speak to about a Personal Health Budget?

Anyone who is involved regularly with the health care of your child i.e.

- Health professional
- Social worker
- Your child's SENCO.

They will be able to talk to you about whether your child may benefit from a **Personal Health Budget**. You could also raise this at your child's **Education Health and Care Plan** review.



Case study – 18-25

This is Sophie, she is 18 years old. She is in full time education and has complex healthcare needs.



She has a team of Personal Assistants who support her at home and at school, paid for by the Personal Health Budget.

Sophie's Dad manages the budget for her with support from the **Personal Health Budget Support Service**.

Sophie is due to leave education soon. With the support of the **Transitions Team** from the **Local Authority** her family are looking at the services she can access in Sefton. This will also be funded through her PHB.

By using the same small team of Personal Assistants, who know her very well, she feels reassured, safe and secure.

Personal Health Budget Support Service (PHBSS)

The Clinical Commissioning Group (CCG) has funded a support service to help you throughout the process.



The **Personal Health Budget Support Service (PHBSS)** offer advice, advocacy and a payroll service.



You **won't** be charged for this support.

For further information, get in contact with the team:

| | | |
|-----------------|---|--------------------|
| Advice |  | 0151 288 6110/6111 |
| Advocacy |  | 01704 500 500 |
| Email |  | PHB@sefton.gov.uk |

The **PHBSS** is part of the Sefton Carer's Centre.
27-37 South Road
Waterloo
Merseyside
L22 5PE



Easy Read by



Sefton Carers Centre is a registered charity in England and Wales No. 1050808. Registered as a company limited by guarantee in England No. 3124430. Registered Office: 27 - 37 South Road, Waterloo, L22 5PE. [@seftoncarers](#) [seftoncarerscentre](#)

