

# Children and Young People

## Continuing Care and SEND

### Personal Health Budgets



## What is a Personal Health Budget?

A Personal Health Budget (known as a PHB) is an amount of money to support a child's identified healthcare and wellbeing needs, planned and agreed between the family, and your local NHS team. PHBs give more choice and control over how money is spent through a care and support plan. The plan sets out the health outcomes the child and their family want to achieve, the amount of money in the budget and how they are going to spend it. The budget can be used in a variety of ways to help meet their needs.

## Who is this for?

Anyone under 18 who is eligible for continuing care funding or who is 18 or over and is eligible for Continuing Healthcare Funding has the right to have a Personal Health Budget (PHB). Continuing Care is needed where a child or young person (17 and under) has complex health needs which may require additional health support, which is not being provided by the Clinical Commissioning Group (CCG) locally.

Anyone aged 0-25 who has SEND can discuss with their healthcare team whether a PHB would be the best option to meet their needs.

A PHB is part of personalised care and is based on the individual child or young person.

## What can it be spent on?

A personal health budget can potentially be spent on a broader range of care and support than would routinely be provided by the NHS - as long as it is agreed this is appropriate to meet the child or young person's identified needs. This could include funding for a care agency, specialised equipment and personal assistants. The PHB would cover the cost of any training required by the personal assistants to acquire the skills needed.

## What can't it be spent on?

A PHB cannot be used to pay for alcohol, tobacco, gambling, debt repayment or anything illegal. A PHB cannot be used to buy emergency care – for example if someone in receipt of a PHB had an accident, they would go to A&E.

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

## Who should I speak to?

- The person who is involved regularly with the health care of your child i.e. a health professional
- A social worker

Your child's SENCO will be able to discuss with you whether your child would benefit from a PHB.

If your child is due to have their EHCP reviewed, you could raise this as part of the review.

## CASE STUDY 18-25

# Sophie



Sophie is 18 years old. She is in full time education and has complex healthcare needs. She has a team of personal assistants (PAs) who support her at home and at school, paid for by the PHB. Sophie's dad manages the budget for her with support from the PHB Support Service. Sophie is due to leave education soon and with the support of the transitions team from the local authority her family are looking at the services she can access in Sefton, also funded through her PHB. By using a small team of PAs, who know her very well, she feels reassured, safe and secure.

# Personal Health Budget Support Service (PHBSS)

The CCG has commissioned a support service to help you throughout the process. The PHBSS offers a full brokerage service including 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**

Or via email at

**PHB@sefton.gov.uk**

The PHBSS is a FREE service  
and is part of

**Sefton Carer's Centre**

27-37 South Road, Waterloo

Merseyside L22 5PE

**[www.sefton-carers.org.uk](http://www.sefton-carers.org.uk)**

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South Sefton Clinical Commissioning Group  
Southport and Formby Clinical Commissioning Group