

Personal Health Budgets

People's Stories

COLIN

Colin has a spinal injury that means he needs someone to care for him 24 hours per day. He needs a ventilator and needs catheter management. Colin uses his PHB to pay for a team of personal assistants to help care for him at home. This means he is cared for by people that he has chosen who fully understand his needs.

Colin enjoys supporting his local football team, his personal assistants enable him to go to the match every week. Colin's quality of life has improved since he received a PHB and he has had fewer hospital admissions.

JULIA

Julia is 90 years old and lives with her daughter. She has complex health conditions. Julia had expressed a wish to remain at home and be involved in deciding who cares for her. Julia and her daughter have employed personal assistants to provide support at home and in the community. This has given peace of mind to her daughter and enabled her to return to work.

What are the benefits of a Personal Health Budget ('PHB')?

- Involves the individual more in the planning of their care
- More choice and control in how their budget is spent
- Opportunities to use the budget creatively
- Positive impact on quality of life, health and wellbeing
- Personalised

**For more information:
THE PERSONAL HEALTH BUDGET
SUPPORT SERVICE ARE HERE TO HELP.**

**The 'PHBSS' offer advice, advocacy
and a free payroll service.**

**For any questions, 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.
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