



Personal Health Budgets and Transition



Jo Fitzgerald - July, 2010

Young people with complex and continuing health needs : some issues

- ▶ A growing number of young people with complex health needs are surviving into adulthood.
 - ▶ They continue to be at risk of being moved into segregated (institutionalised) accommodation.
 - ▶ They are discharged from specialist pediatric services but find there are no equivalent adult services. There may also be a lack of trained workers to support them.
 - ▶ They have little or no control over what happens to them.
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Young people with a direct payment or individual budget.

- ▶ There are a significant number of young people who've enjoyed the choice and control that comes with a direct payment or individual budget.
- ▶ Things change significantly, when young people are assessed and become eligible for fully-funded NHS continuing health care at the age of 18.
- ▶ Young people are being told they must surrender control and go back to receiving a traditional service. You can imagine their distress.



What can we learn from Mitchell's story ?

- ▶ Key messages:
- ▶ Co-producing the solutions with families can result in very positive outcomes.
- ▶ Feeling truly listened to can be hugely transformative
- ▶ Enabling families to organise support in ways that make sense to them can produce very creative and cost-effective solutions.
- ▶ **Personal health budgets** may be a suitable option for some families.



What is a personal health budget?

- ▶ “A Personal Health Budget is an allocation of resources made to a person with an established health need (or their immediate representative).
- ▶ The **purpose** of the Personal Budget is to ensure the person is able to call upon a predefined level of resources and use these **flexibly** to meet their **identified health needs** and **outcomes**.



Most importantly..

- ▶ The person must:

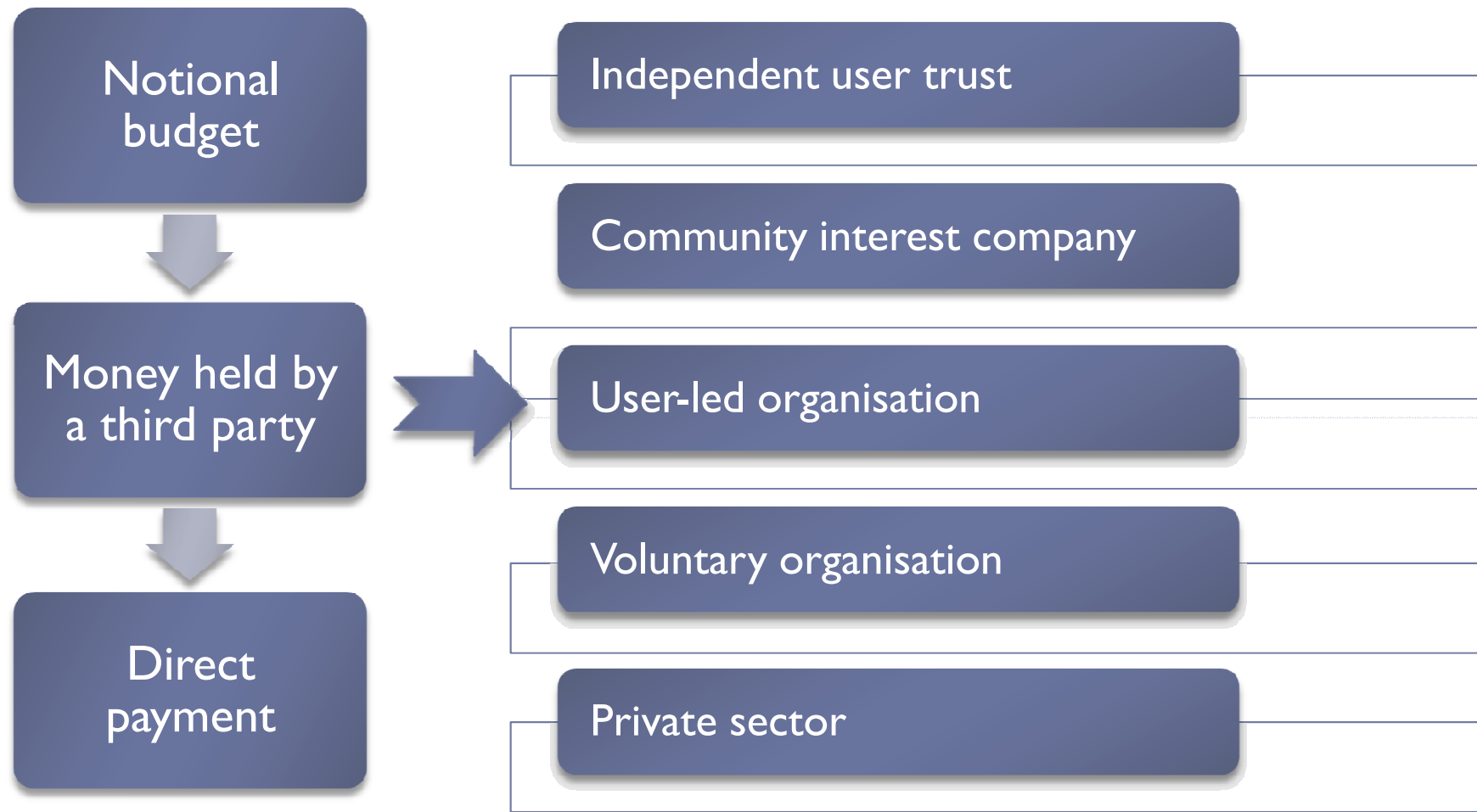
- ▶ agree the outcomes that must be achieved with the money.
- ▶ know how much money they have in their Personal Budget on an on-going basis
- ▶ be able to spend the money in ways and at times that make sense to them

The budget must be:

- ▶ used in ways that help the person achieve predefined outcomes



Ways to hold a personal health budget



How can a personal health budget improve outcomes for young people in transition

- ▶ Continuity of care: If a young person has a personal health budget to pay for support, their staff (personal assistants) can make the transition **with** them. Important relationships can be maintained.
- ▶ All the developments that have been made are sustained ; young people don't want to have to start over again.
- ▶ Personalisation allows a young person's life to continue to unfold without hitting an artificial brick wall.
- ▶ Equity: young people in receipt of health funding will benefit from greater choice and control.

