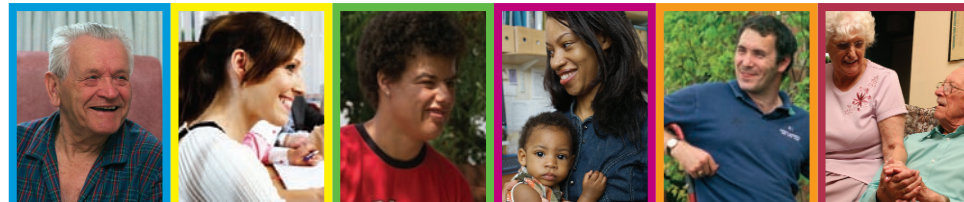


Personal health budgets *update*

March 2011



A pilot programme involving around half the primary care trusts in England is underway to test out personal health budgets in the NHS. An in-depth study with twenty of these sites is part of a wider evaluation exploring how best to implement personal health budgets, and who will benefit most from them. The pilot programme will run until 2012.

Personal experiences and stories

With the help of our pilot sites we've been following the experiences of people with a personal health budget, and publishing their stories on the Learning Network. Have a look on [our new stories page](#).

In November's newsletter we introduced Trevor and Anita, from Hull. Anita has Huntington's Disease, and they use a personal health budget to employ carers to provide much-needed support. A short film explaining the difference this has made has just been launched. It includes interviews with Trevor, community nurse Debra, carer Lizzie and Anita's consultant psychiatrist. We also have three new written interviews to share.

Razia, from Merseyside, uses mental health services and was able to purchase a computer and a bus/train pass with her personal health budget so that she can pursue college studies and maintain supportive contact with her family overseas.



Haris uses a personal health budget to pay for care at his home in Kent, and says that a direct payment helps him feel in control of his care and finances. He has Parkinson's Disease and heart disease, and has had several strokes.

Charles, from Kent, is severely ill with a movement disorder. His wife (and main carer) Marion explains how a personal health budget enables them to have a few hours a week of respite care, which benefits them both.

Personal stories ●

Early learning: ●
Mental health

Early learning: ●
COPD

Meetings ●

Milestones ●

Facts and figures ●

Learning Network ●



EARLY LEARNING

Mental health learning sets

In Control, in partnership with Together, are supporting pilot sites which have a focus on personal health budgets for people who use mental health services. Two learning sets were established, one in the North and one in the South of England.

A collaborative approach has been encouraged, with sites bringing along a small team including people who use mental health services, front-line staff and commissioners. The sessions have focused on the importance of a whole life view – looking at how the choice and control offered by personal health budgets can enhance recovery. A key challenge has been to look at how clinical practice can support and embrace people's creative solutions for their own recovery. Our learning was that doing this means thinking clearly about the whole, and how a person's mental health impacts on their ability to live a full and active life.

The learning sets were commissioned by The Department of Health and the National Mental Health Development Unit (NMH DU), in conjunction with the NHS Confederation. The recently published cross-Government mental health outcomes strategy states plans to extend personal health budgets in mental health as much as possible.

You can find [resources about mental health and personalisation](#) on the Learning Network.

Personal health budgets for people with COPD

Some of the pilot sites in the Department of Health programme are offering personal health budgets to people with chronic obstructive pulmonary disease (COPD), and a group of these sites came together in January to compare approaches.

The sites are offering personal health budgets at different points of a person's journey through services – when an individual is first referred to a community team, after they have completed a pulmonary rehabilitation course or simply when they and their GP think it might work for them.

People are primarily using their personal health budget to help manage the effects of their condition, for instance buying mobility equipment or an air conditioning unit, or to maintain the best health they can by paying for help to stop smoking, counselling to reduce anxiety or walking boots to keep active.

We will carry on supporting the sites to learn together, and the final evaluation report on the programme due in autumn 2012 will indicate whether personal health budgets help people stay healthy.

Personal stories ●

Early learning: Mental health ●

Early learning: COPD ●

Meetings ●

Milestones ●

Facts and figures ●

Learning Network ●



Meetings

We spoke at the Capita personal health budgets conference in January, held in central London. The event was attended by professionals interested in the personal health budgets policy.

On 19 May the personal health budgets policy team headline the Westminster Health Forum for the event "Pilots, personalisation and empowerment".

We're also talking about personal health budgets at the Managing Long Term Conditions conference on 4 and 5 May in Harrogate.

Regional activity is busy, with pilot sites meeting regularly and several regions holding events and meetings about personal health budgets.



The Government has proposed a number of changes to the way that the NHS is run. Personal health budgets form a key part of this. **We will be working with the new GP consortia and the Health and Wellbeing Boards to help ensure that personal health budgets are a success.**

2010/11 milestones

- **December** – personal health budgets in the Government's response to NHS White Paper, and the NHS operating framework
- **January** – Health and Social Care Bill includes personal health budgets
- **February** – 24 sites approved to pilot direct payments for health care
- **February** – personal health budgets feature in the cross-Government mental health outcomes strategy

Personal stories ●

Early learning: ●
Mental health

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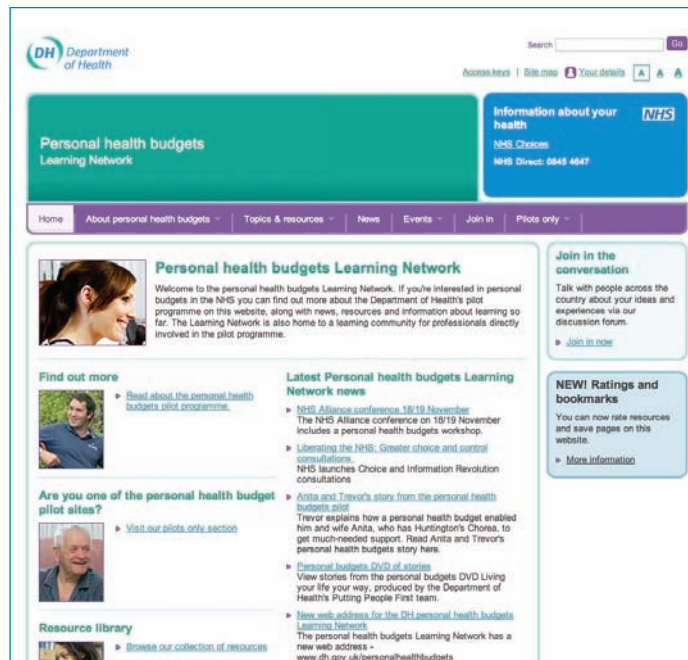
Learning Network ●

Facts and figures

37 sites have been awarded full pilot status: **20** in-depth evaluated sites and **17** from the wider cohort. **24** of those sites are piloting direct payments for health care.

Interested in finding out more about the pilot sites? Use the interactive map on the personal health budgets [Learning Network](#).

Personal health budgets Learning Network



Visit our online [Learning Network for the pilot programme](#) if you have an interest in personalisation in health.

The website is a source of news, stories and resources about personal health budgets and related areas. You can talk with others in the discussion forum, and sign up to automatically receive this newsletter each quarter (just click on 'Your Details' at the top of any web page).

Our new information pages for [people, families and carers](#) tell you everything you need to know about personal health budgets, including if the pilot is happening [near you](#).

If you are a [health and social care professional](#) visit the section specifically for you, where signposts will take you straight to relevant information on the website.

Contact us by emailing the personal health budgets team at: personalhealthbudgets@dh.gsi.gov.uk. You can also find more information about personal health budgets on our policy pages on the [Department of Health website](#).