



Children, young people and their families

Rehabilitation – a personal approach

This workshop

- Its about me, my family, my home and my life
- What are personal budgets?
- Why and when should they be used?
- Where can the funding come from?
- Are there any rules about how it is used?
- Outcomes are really important
- Thinking whole life

Me, my family, my home, my life



What are personal budgets?

- A sum of funding which can be used in individual and creative ways to provide support, access and opportunities
- For children and young people with EHC Plans this can come from education, social care or health
- Personal Health Budgets (PHB's) are increasingly available for anyone with a long term condition

How can people choose to manage their personal budget?

- Ask the service to manage it as an *'organised'* budget
- Ask another organisation or service to manage it on their behalf as an *'individual service fund'*
- Manage it themselves as a *'direct payment'*
- Or as a combination of the three options

Why personal budgets?

- *A person-centred approach is fundamental to ensure that rehabilitation is as an active and enabling process for each individual.*
- *It ensures that support is built around a person's own circumstances and responds to the diversity of needs that will be present.*

Why personal budgets?

Good rehabilitation

- *Focuses on good outcomes that are set by the people we treat and driven by their goals*
- *Centres on people's needs, not their diagnosis*
- *Aims high and includes vocational outcomes*
- *Is an active and enabling process – not passive care*
- *Relies on interdisciplinary team working*
- *Responds to changes in people's needs*
- *Integrates specialist and generalist services*
- *Requires leadership for transformational change*
- *Gives hope*

Deciding when a personal budget is needed?

It's all about the outcomes:



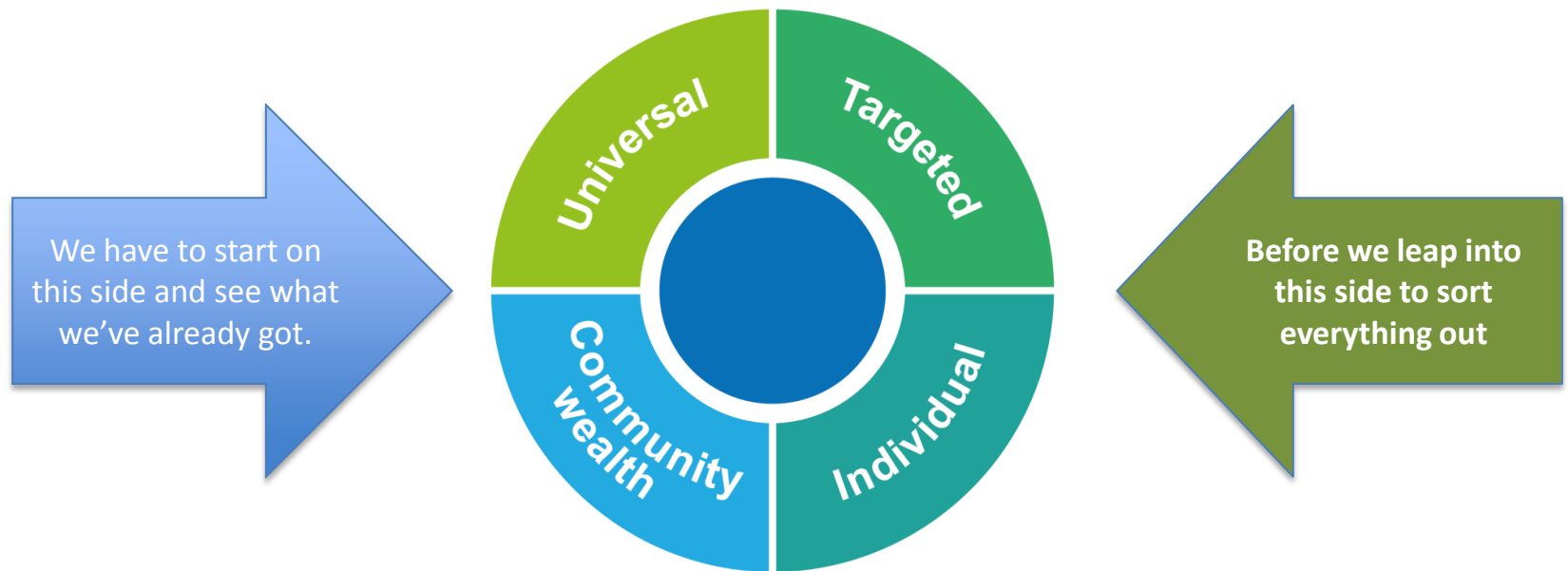
Outcomes

- A good night's sleep
- Being able to learn new skills
- Opportunities to develop and spend time with friends/community
- Develop my communication skills
- Enjoy time with family
- To be relaxed and better able to deal with change and stress
- Have some happy memories

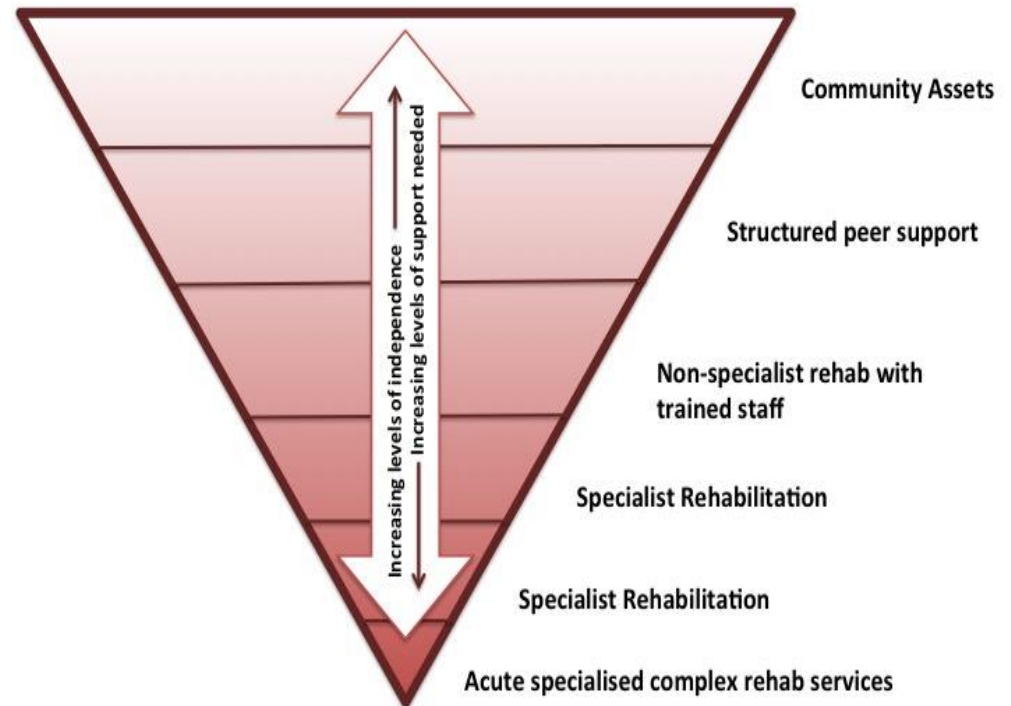
Outcomes

- Returning to work
- Staying in my own home
- Preventative outcomes:
 - Re-admission to hospital
 - Reduced risk of cardio-vascular disease through early intervention
 - Reduced risk of coronary heart disease and reduced the risk of further event.
 - Reduced risk of further vascular event post-stroke

Deciding when a personal budget is needed: just one part of a whole system of support



Deciding when a personal budget is needed?



But there must be some rules!

- Clearly linked to delivering outcomes
- Nothing illegal
- No gambling or investing
- Nothing that is not in the agreed plan

The more rules the less flexibility, the less creativity the less efficiency

Personal budgets, commissioning and rehabilitation support

- Personal health budgets can form one part of a new commissioning strategy for rehabilitation support
- Funding for personal rehab budgets will come from re-thinking how you deliver your targeted offer (across all six levels of work)
- Using the REAHB model from NHS England and thinking about a rehab pathway which start with acute support and as the person gets better moves up the triangle to challenge is to think what services most likely ‘non-specialist rehab’ upwards could be changed in how they are delivered to include elements of personal rehab budgets
- And as the person’s condition further improves how the support can be moved wholly to personal health/rehab budgets with a focus on community and universal services / opportunities
- The potential is within both redesigning the targeted offer and linking / integrating budgets from social care and for children from SEN additional – linking to the NHS England IPC programme’s work in 9 sites

SO....

- how might personal budgets add to an offer around rehabilitation and recovery?
- can you think of times when such a flexible / individual budget would have or could have helped?

whole life and whole family



**Integrated Personal
Commissioning**

**NHS England
Integrated Personal
Commissioning**

- bringing together health, social care and for children SEN funding
- integrated personal budgets





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www.in-control.org.uk