

What can you buy with a  
personal health budget on?



# What can you buy with a personal health budget?



## Employing my own personal assistant

- More consistent care
- Choice about who supports you
- Greater flexibility
- Better 'matched' staff
- A lot of people recruit a team of personal assistants



# What can you buy with a personal health budget?



A personal trainer like  
WAG's and the  
people off TOWIE  
have

- Improve health and fitness
- Learn about self-care and management from a professional



# What can you buy with a personal health budget?



## Cookery lessons and cookbooks

- Learn how to cook and prepare meals for myself
- Eat healthier meals
- Improve overall health
- Lose weight



What can you buy with a personal health budget?



## A subscription to SKY Sports and SKY Movies

- Continue to watch films, support my football team – the things I enjoy
- Safer environment and better supported at home
- Can still spend time with friends



# What can you buy with a personal health budget?



## Paying off the loan for my 3-piece suite

No you can't use your personal health budget for this

Someone could be signposted to financial advice if they were struggling



# What can you buy with a personal health budget?

## Bet on a horse or buying a lottery ticket



- No – you couldn't use your budget for gambling
- But, someone could use their budget to pay for the support to go to a bookmakers or shop to buy the ticket
- Someone could also pay for support to go to the races, as a hobby; this could lead to increased social interaction and in turn better mental wellbeing
- Buy the Racing Post!



# What can you buy with a personal health budget?

## An iPad or other tablet



To have a calendar that reminds me about medication and appointments

To access my online care plan  
Use apps that help me monitor my health and conditions

Stay in touch with friends, family and health professionals who support me





# What can you buy with a personal health budget?



## A packet of cigarettes

- The support to go to the shops and buy the cigarettes may be provided
- Support to quit could be purchased; nicotine gum, patches etc.



# What can you buy with a personal health budget?



## A subscriptions to Weight Watchers or Slimming World

- Lose weight
- Improve health
- Learn healthy eating habits and recipes
- Support from peers; increased social interaction
- Other support tools such as cookery books, magazines



## What can you buy with a personal health budget?



- An air conditioning unit for my home
- To feel more comfortable environment and atmosphere to support better well-being
- Reduce humidity particularly at warm times of the year
- May have benefits for people with asthma or those with allergies



# What can you buy with a personal health budget?



- A meal out with a friend to say thank you for helping me
- This is sometimes referred to as a 'Legal Reward'.
- In some cases informal support can be a better option than paid support, and a legal reward can be a good way to reciprocate.



# What can you buy with a personal health budget?

## **Flexibility of spending the money**

People will need to know what their budget can be spent on and what is excluded.

This can be simply communicated by letting people know the short list of nationally excluded criteria.

Everything else may be tried as a means of achieving personal health outcomes, provided the local framework for support planning process is followed.

# What can you buy with a personal health budget?

## The list of exclusions from the pilot programme are as follows:

- Emergency or acute services.
- The majority of primary care services (including visits and assessments of GPs).
- Anything illegal.
- Gambling.
- Debt repayment.
- Tobacco.
- Alcohol.

