

Council of Governors – meeting held in Public

Tuesday 18 June 2025

Paper title:	Mental Health Personal Health Budgets – 1 Year Update (February 2024 – January 2025)	Agenda Item
Presented by:	Phillipa Hubbard, Director of Nursing, Professions and Care Standards, DIPC, Deputy Chief Executive, Director of Nursing and Quality for Bradford District and Craven Health and Care Partnership Chris Dixon, Deputy Director of Nursing, Professions and Care Standards	12.0
Prepared by:	Jacqui Hooley (Principal Social Worker)	
Committees where content has been discussed previously	Community Mental Health Transformation Delivery Group, Clinical Board, Quality and Safety Committee, Healthy Minds Board	
Purpose of the paper Please check ONE box only:	<input type="checkbox"/> For approval <input checked="" type="checkbox"/> For information <input type="checkbox"/> For discussion	

Relationship to the Strategic priorities and Board Assurance Framework (BAF)		
The work contained with this report contributes to the delivery of the following themes within the BAF		
Being the Best Place to Work	Looking after our people	
	Belonging to our organisation	
	New ways of working and delivering care	X
	Growing for the future	
Delivering Best Quality Services	Improving Access and Flow	X
	Learning for Improvement	X
	Improving the experience of people who use our services	X
Making Best Use of Resources	Financial sustainability	X
	Our environment and workplace	X
	Giving back to our communities	X
Being the Best Partner	Partnership	X
Good governance	Governance, accountability & oversight	

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Personal Health Budgets

A personal health budget is a way of providing NHS funding directly to individuals to help them manage their own healthcare and wellbeing needs in a personalised and flexible way. Tailored to support treatments, equipment, and personal care, this approach allows individuals to take greater control over how their care is delivered, working in partnership with their local NHS team to co-produce a personalised care and support plan.

Personal health budgets are currently available by right to specific groups, including:

- Adults and children receiving NHS continuing healthcare;
- People eligible for a personal wheelchair budget;
- Individuals receiving section 117 after-care following detention under certain sections of the Mental Health Act.

Others who are not automatically eligible can request a personal health budget through their local Integrated Care Board (ICB), which has discretion to offer budgets more widely.

The value of a personal health budget is determined through an assessment of a person's health and wellbeing needs and the cost of meeting those needs. The resulting care and support plan defines the outcomes to be achieved, the budget available, and how it will be spent.

A care co-ordinator is assigned as the key point of contact throughout the process. While personal health budgets provide more choice and control, they are not suitable for everyone and do not replace all NHS services—such as emergency care, medicines, or GP services.

Strict rules govern how the money can be used; it cannot be spent on activities like gambling or alcohol, and misuse may require repayment to the ICB. People who already receive personal budgets or direct payments for social care can combine these with a personal health budget into an integrated personal budget, potentially managed through a single direct payment.

The approach promotes personalised, flexible, and joined-up care, with regular reviews to ensure the support continues to meet the individual's needs. It reflects a broader move toward patient empowerment and partnership in NHS care planning.

BDCFT's PHB are all delivered as a third-party budget to support someone to leave hospital, engage with their recovery or reduce the need for crisis/inpatient support. All PHB's are

approved by Bradford District Care NHS Foundation Trust BDCFT (Joint commissioner) and provided by Bradford District and Craven Mind (Delivery partner).

Impact of BDCFT PHB implementation

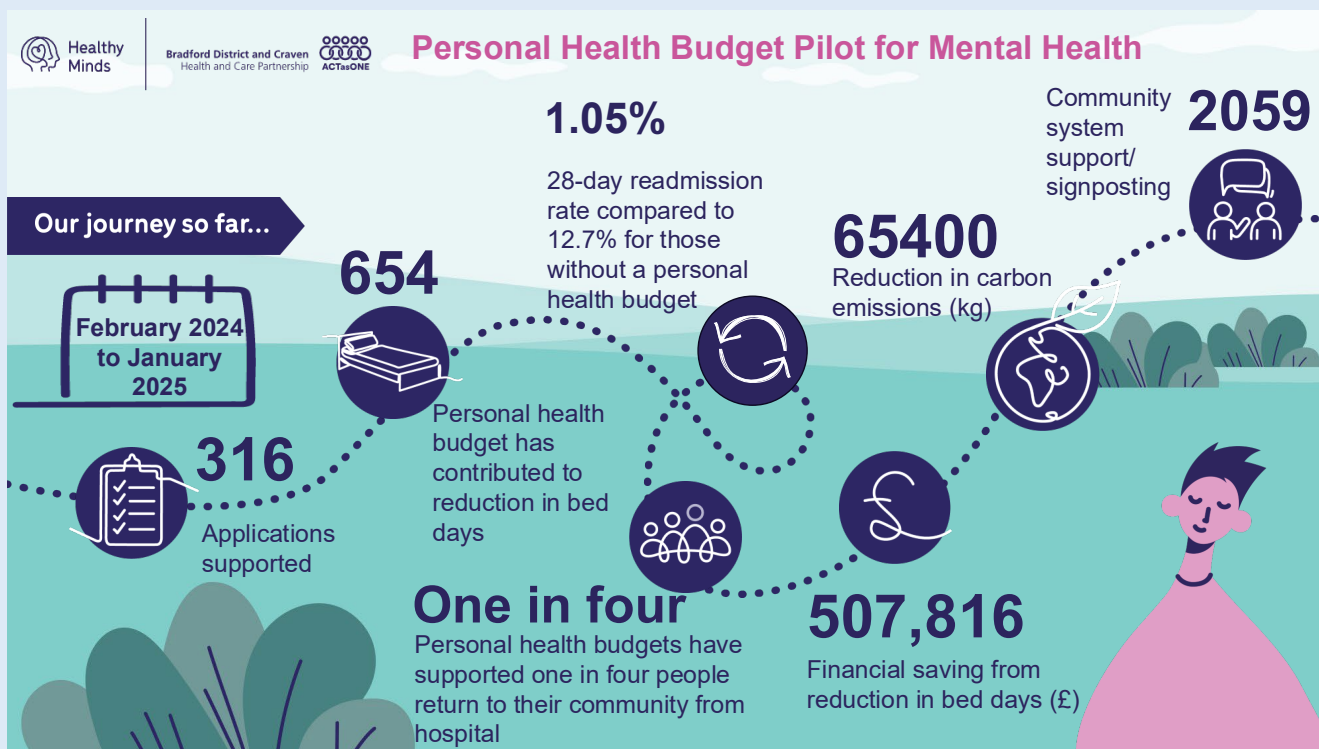
Personal Health Budgets have supported 316 people to leave hospital whilst improving choice of care and support in the community, promoting individualised and personalised care from wider provision than commissioned services.

The one year findings evidenced PHB's have contributed to a 654 reduction in bed days at a financial saving of £507,816. Alongside the PHB application advice and support, the Social Work Development Team have educated staff's knowledge of wider community support available increasing signposting to community resources by 2059. This increased wrap around community support has been noted in the readmission rate at 28 days. 1.05% 28-day readmission rate compared to 12.7% for those without a personal health budget. In addition, the team looked at the 90-day re-admission rate and where able to identify people with ongoing rehab needs and make appropriate referrals. PHB's have been used to support sensory items and improve the environment during admission for people with sensory needs.

1 Year key PHB figures to date

316 PHB's processed February 2024 – January 2025

654 Bed days reduced from EDD to actual DD	£507,816.00 if individuals had remained in their beds until their EDD	
28 Day re-admissions (overall)	2 people	1.05% re-admission rate
28 Day re-admission (acute)	2 people	1.25% re-admission rate
28 Day re-admission (OPMH)	0 people	0% re-admission rate
90 Day re-admission (overall)	12 people	7.02% re-admission rate
90 Day re-admission (acute)	12 people	8.39% re-admission rate
90 Day re-admission (OPMH)	0 people	0% re-admission rate
90 Day re-admission (acute without rehab)	8 people	6.96% re-admission rate
90 Day re-admission (rehab only)	4 people	16% re-admission rate



2025/26 Implementation

The pilot has received continuous funding until March 2026 to offer 26 Personal Health Budgets per month (312 Budgets) for 2025/2026 financial year.

The pilot will continue to report into Healthy Minds Board and BDCFT Clinical Board and future funding arrangement will be reviewed by the Healthy Minds Board.

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