



## Personal Health Budgets Workshop

Skills for People and Newcastle Carers will be holding a workshop on Personal Health Budgets in January 2016. You will also find out about the role of Independent Support and how personal health budgets work with Educational Healthcare Plans.

The Workshop is for adults and young people with Learning Disabilities, families/carer's, supporters and professionals .

Places are limited. You need to register with us to receive a free place.

To request your free place contact Skills for People using the contact details below.

### What is a personal health budget?

A personal health budget is an amount of money to support your identified health and wellbeing needs, planned and agreed between you and your local NHS team. The aim is to give adults and young people with long-term conditions and disabilities greater choice and control over the healthcare and support they receive.

Personal health budgets work in a similar way to the personal budgets that many people are already using to manage and pay for their social care. You will develop a care plan, usually with your NHS team/GP. The plan sets out your personal health and wellbeing needs, the health outcomes you want to achieve, the amount of money in the budget and how you are going to spend it.

You can use a personal health budget to pay for a wide range of items and services, including therapies, personal care and equipment. This will allow you more choice and control over the health services and care you receive. You don't have to change any healthcare or support that is working well for you because you get a personal health budget.

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