

Chapter 9: Leading Person-centred Practice

Personal Health Budget: an example of ‘person-centred care’

NHS England

Anita, aged 59 and from Hull, has the degenerative condition Huntington’s disease. Anita’s personal health budget has allowed her husband, Trevor, to employ personal assistants to care for her at home, rather than rely on staff provided by a Domiciliary Care Agency. This has improved her and her husband’s quality of life as they can choose people to care for Anita, people who understand her needs. They also have control over the service the assistants provide and when they provide it. Personal health budgets also provide flexibility, which means that care can be stepped up for Anita quickly, for example when her husband’s health declined and he was admitted to hospital. This meant she could stay in her own home. Anita’s care plan also identified other ways to personalise care, like training Trevor to change her feeding tube in an emergency.

NHS England (2016e) *Case Studies*. Available at: [www.england.nhs.uk/?s=case studies&paged=2](http://www.england.nhs.uk/?s=case%20studies&paged=2) (accessed 7 August 2016).