

7 CRITERIA FOR A GOOD CARE SUPPORT PLAN

Personal Health Plan is the name for the plan that shows how someone's Personal Health Budget will be spent. In order for the money for the Budget to be released, those responsible must be able to see and agree a plan that meets clear criteria.

Personal Health Plans can be written in different ways. They may be short or long - with pictures or just text. Crucially this plan must be an integrated co- designed plan between the individual and the clinician. It must contain information about clinical diagnosis and options for treatment or care but be balanced with contextual information from an individual about lifestyle and the impact of their health condition on that lifestyle.

People need to be given time and space to develop their plan and understand what genuine choices they can make.

The budget holders and decision makers will need to make sure that the plan answers these seven questions:

CRITERIA	WHAT THIS MEANS	WHAT THIS MEANS FOR THE PERSON DEVELOPING THE PLAN	PLAN WOULD NOT BE AGREED
1. What is important to me & what is important for me	If someone reads the plan, they should get a good sense of your lifestyle. They should get an understanding of who you are, and your interests and hopes for the future. e.g ~ Lifestyle ~ People ~ Interests ~ Dreams	Providing appropriate information, using all clinical information from assessment(s) Offering choices to enable people to make informed choice about treatment/ care options Listening well Managing conflict of interest	Your plan will not be agreed if the information in the plan treats you like a stereotype, and does not express your individuality. Your plan will not be agreed if it is written in very general terms.

	<p>All the things that are 'important to' you.</p> <p>They should also be able to read clinical information about diagnosis & treatment/care options for your health condition and the impact it has on your lifestyle and quality of life</p>	<p>Awareness of boundaries Facilitating Negotiating Respecting lifestyle choices</p>	<p>Your plan will not be agreed if you can't see a balance of 'important to/and important for' information from both the perspective of the individual and clinician</p>
<p>2. What is working well, that I want to maintain and what is not working well, that I want to change.</p>	<p>The plan should describe what is working well about your life and that you want to maintain and what is not working well and you want to change. This could be about :</p> <ul style="list-style-type: none"> ~ support ~ paid & unpaid ~ work ~ where you live ~ family ~ what you do (hobbies/ interests/ how you spend your day) <p>About your health condition:</p> <ul style="list-style-type: none"> ~ treatment/ care options ~ maintaining current lifestyle within the context of worsening health. <p>The plan should describe the outcomes you wish to</p>	<p>As above</p> <p>High level of awareness of needs and solutions</p>	<p>The plan will not be agreed if it is not clear what you would like to both maintain about your life and health condition and what you would like to change.</p> <p>The plan will not be agreed if there is no clear outcomes from what you are planning.</p> <p>It will not be agreed if it looks like what is planned would make your life worse</p>

	achieve with these plans.		
3. How I will be supported to live my chosen lifestyle and manage my health condition.	<p>The plan should describe what is needed to support you with the above. It should tell us</p> <ul style="list-style-type: none"> ~ what support you need ~ where you need that support ~ when you need support ~ who will give you that support. <p>It should indicate how to support your health and safety.</p> <p>It should identify any risks that there may be to you and how these risks will be managed.</p> <p>It should describe support to help you stay well and also the support you need when you are unwell or when your health condition is worse.</p>	<p>You will need to consider the following questions;</p> <p>Is what is planned safe?</p> <p>Does it require a risk assessment</p> <p>Does it fit with Professional Codes of Conduct?</p> <p>Can you defend it?</p> <p>Does it make use of professional expertise where it exists?</p>	<p>The plan will not be agreed if;</p> <ul style="list-style-type: none"> ~ there are no detailed plans for support ~ If it looks like the support will make your life ~ If there are no clear risk management strategies
4. How my Personal Health Budget will be spent	<p>The plan must set out how you are going to use your Personal Health Budget.</p> <p>The money allocated will be for a year and you must show how this annual allocation will be spent to get the support</p>	<p>Support with managing the money</p> <p>Support with reporting expenditure</p> <p>Supporting in identifying which budget management</p>	<p>The plan will not be agreed if the plan does not say how your money will be used.</p> <p>The plan will not be agreed if the service costs more than the amount that has</p>

	<p>you have outlined in the plan.</p> <p>It must also indicate how the budget will be received and managed, i.e.</p> <p>Notional budget-. Once an individual's health outcomes have been agreed, possible options for meeting these outcomes within the amount normally spent on their healthcare can be discussed. As a result the individual understands the amount of funding available to them and is able to contribute to decisions about how the budget is used. The PCT still commissions services, manages contracts etc. Notional budgets could be an option for individuals who want more choice and control over their healthcare but who do not feel able or willing to manage a budget.</p>	<p>model will work best for the individual and their family/carers.</p>	<p>been agreed.</p> <p>The plan will not be agreed if you are going to do anything illegal!</p>
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	<p>Real budget managed by a third party – you will need to indicate who the third party is. This maybe a budget holding lead professional, a GP, a Trust or an organisation like a community interest company.</p> <p>Direct healthcare payment – this option is not currently available but when it is possible the plan would need to indicate who is managing the budget</p>		
<p>5. How my support, treatment or care will be organised and managed.</p>	<p>The plan will must describe how your support, treatment or care will be organised and managed. It must describe the following;</p> <ul style="list-style-type: none"> ~ Your role in this ~ The role others may take ~ How you will comply with any legal requirements i.e. employment law. ~ Practical arrangements ~ Managing well/ unwell plans ~ Risks and review ~ Training issues – 	<p>Could be a Co-ordination role Authorising spending Communication</p>	<p>The plan will not be agreed if;</p> <ul style="list-style-type: none"> ~ It is not clear how your support treatment and care will be managed ~ If it looks like you might not be safe ~ It is not legal ~ There are no contingencies in place

	Continued Professional Development		
6. How I will stay in control of my decision-making?	<p>The plan must describe how you will stay in control of your decision making. It should show;</p> <ul style="list-style-type: none"> ~ How you make decisions ~ How information should be presented to you ~ When your capacity for decision-making maybe affected and how that is supported ~ Advanced care plans/ directives where appropriate. 	<p>Capacity assessments ~> assuming capacity</p> <p>Following local guidance</p> <p>Shared decision-making</p> <p>Respect for individual's decision-making</p>	<p>The plan will not be agreed if it looks like others are making decisions for you or there is no evidence that a conversation about decision making has taken place</p>
7. What I will do to make this happen? (Action Planning)	<p>The plan should set out real and measurable things that will happen in the future. In that way it is possible to look back and see whether the plan is working or not.</p> <p>The plan should say who will be responsible for each action and when it will be done. The plan should say how you will check your action plan to ensure that problems can be dealt with as they arise.</p>	<p>The plan should not be agreed if you just said some general things that need to happen. There need to be clear actions that will make sure your plan will happen.</p>	

	It should be clear how these actions will help you to make the changes that you said you wanted to make.		
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