

# Personal Health Budgets (PHB)

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A PHB is a way of providing support based on what is important to you. It allows us to provide bespoke care and support in the form of goods, services or personal experiences which make a positive difference to your end of life care.

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The hospice has a dedicated team of nurses who can work with you to complete a personalised assessment. This will help identify what is most important to you to ensure your social and wellbeing needs and wishes are being met.

This service complements the care you receive already and is free at the point of access. The team can arrange for any goods, services, or special experiences to be put in place on your behalf to enable you to remain in your preferred place of care.

### Who can have a PHB?

PHB support is available to anyone living in the Birmingham or Solihull local authority area who is in the final months of their life.

### What support could you receive?

- Extra bed linen and towels that are needed.

- Support with your household chores.
- Memory-making items, such as memory boxes, hand casts and teddy bears that can play a recorded voice message.
- Help to mark special occasions that are important to you.
- Complementary therapy, hairdressing, and any self-care needs.

The PHB Team do not provide emergency care or care that is usually provided by your GP or another NHS service.

A PHB cannot be used to support any gambling, debt repayment, alcohol, tobacco, or anything unlawful.

If you would like to receive an assessment or have a discussion about how the PHB Team can support you, speak to your healthcare professional who can then make a referral to:

**The PHB and Social Team,  
Birmingham Hospice**

**Tel: 0121 465 2000**

Referral forms can be downloaded from our website: [birminghamhospice.org.uk](http://birminghamhospice.org.uk) and must be completed and returned to [hobs.social@nhs.net](mailto:hobs.social@nhs.net)