

# PERSONAL Health Budgets

Taking control of your health



People who are eligible for continuing healthcare now have the right to ask for a personal health budget.

## What is a personal health budget?

**A personal health budget gives you control over the care and support you receive. It's about giving you more choice and control over your individual health and wellbeing needs.**

You can use your budget to decide what services or support is right for you, to help you remain as healthy and independent as possible. You can decide when and where you would like to be supported and by whom.

There is lots of support available if you think this might be something you would like to ask for.

If you would like more information please ask your Continuing Healthcare Team for more information.

Alternatively we have also asked **ecd**p to provide information, advice and guidance to people in Essex.

**Visit [www.ecdp.org.uk/personalhealthbudgets](http://www.ecdp.org.uk/personalhealthbudgets) or contact ecd**p

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