

Personalisation - J

Being able to communicate easier is something that J is now able to do thanks to her Personal Health Budget.

J has severe Multiple Sclerosis, it means that she has great difficulty moving and that she has real trouble communicating her needs. Since she has started to get a Personal Health Budget the quality of life for J has increased dramatically.

J sits in her chair and smiles and says 'hello' in a quiet voice – it's something that before her Personal Health Budget she would have struggled to do.

J lives in a nursing home which was specially chosen for its facilities which match her complex needs. She has been living in the home for almost three years. J has been using her Personal Health Budget since earlier this year and has benefitted dramatically from it. Sitting in her cosy room surrounded by family photos, J's sister D explains how the Personal Health Budget has helped her sister. D explains how they decided to use part of the Personal Health Budget for special supports for her chair as well as extra physiotherapy sessions and special speech therapy sessions.

D explained: *"One thing that we have found very helpful was that thanks to the Personal Health Budget we have been able to increase the number of speech and language therapy J receives. We have increased the sessions, so that it is weekly and this has been done through the Multiple Sclerosis Association. This has been very beneficial"*

"We have also been able to increase the amount of specialist physiotherapy that J receives again this helps ease her pain." D added: *"The staff, with the NHS, who have helped to set up and organise the Personal Health Budget are fantastic and so helpful. They are only a phone call away. We'd definitely recommend anyone to get a Personal Health Budget."* J smiles and nods agreeing: *"That's true"*

Source URL: <http://ancs.org.uk/case-studies/personalisation-j>