PERSONAL HEALTH BUDGET system

COMPLEX TAKING CHARGE OF THE PERSONS WITH MENTAL DISORDER THROUGH THE PERSONALIZED REHABILITATION THERAPEUTIC PROJECT

LOCAL & GLOBAL: CO-PRODUCTION AND INNOVATION

Personal Health Budget: means for integration but in the hands of whom?

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PERSONAL HEALTH BUDGET

• Tool for management of people with complex needs

• Flexible and personalized on individual needs (CPRD art.19)

• Founding element of social and health integration

• Instrument of co-planning and integration of welfare systems between public, health and social agencies and private social organizations
Complex care needs in the CMH of Trieste:

- They have various levels of intensity
- They present strongly disabling situations of marked psychic suffering, with severe personal distress and significant family, social, economic and legal problems
- They require a customized, multidisciplinary project management, which requires the activation, involvement - at varying degrees of intensity - of all resources, even outside the Services.
- Identification of a Case Manager
- Sequences of the project are indefinite
- Condition of socio-environmental marginality with serious risk of social drift
PERSONALIZED REHABILITATION THERAPEUTIC PROJECT AND PERSONAL HEALTH BUDGET system

- The Personal Health Budget (PHB) is constructed through the Personalized Rehabilitation Therapeutic Project (PRTP) which takes into account all individual needs, traces the course of care, the areas of intervention, sets the objectives and actions to be carried out.
- PRTPs are integrated pathways designed to satisfy complex care needs that require unified health services, social protection actions with an external contribution in a context of social and health integration.
- It indicates the actors and all the partners of the care path.
The needs brought by the user can be developed in a PRTP on Axes corresponding to the main health determinants that lead to the following types of PHB:

- **Housing Area**
- **Social and Affectivity Area**
- **Job and Professional Training Area**
• Promoting personal and living care, as well as developing possibilities and abilities in living
• Different types of housing
• They can provide variable time support throughout the day, according to individual needs
• The design is carried out through a close collaboration with the social Cooperatives, partners of PHB (Temporary Business Association), Tutors and Sustaining trusteeship, family members, voluntary associations, public institutes (e.g. Territorial Residential Building Agency Trieste) and through specific agreements with public and private subjects aimed at building real recovery and empowerment paths
PERSONALIZED REHABILITATION THERAPEUTIC PROJECT WITH PHB: SOCIABILITY AND AFFECTIVITY AREA

- Promotion and development of social skills and competences aiming to build friendship, family and social relationships and networks
- Participation in cultural, expressive, educational, socializing, recreational, sports activities, in spaces and times of normal daily life carried out in the contexts and places of everyday living
- The partner is asked to carry out competent support activities to access and enjoy the opportunities created, that is, to provide a supportive environment, support the peer group, involve families and encourage them to consolidate family relationships
PERSONALIZED REHABILITATION THERAPEUTIC PROJECT WITH PHB: JOB AND PROFESSIONAL TRAINING AREA

- Reconstruction of social membership, increase negotiating power, access to the productive circuit, achievement of social integration and an even greater independence from the welfare circuit
- Creation of opportunities and experiences of socio-work integration in places characterized by true entrepreneurship
- Supportive environment aimed at supporting the person while fragile, encouraging them to consider future prospects by transmitting hope and optimism
- Pathways created according to the needs and requirements of the person, personalized and calibrated on the complexity and specificity of their needs
TYPES PRTP AND INTENSITY PHB

Based on the needs of each person, the PHB can assume different levels of intensity, commensurate with the investment to the personal and specific needs expressed in the PRTP.

Individual and/or Group Activities and Duration

- Highest Intensity: Duration related to the project
- High Intensity: Duration 18 months + 6
- High Medium Intensity: Duration 36 months + 12
- Medium Intensity: Duration 18 months + 6
- Flexible Interventions

Group Activities

- Low Medium: Duration related to the project
- Low: Duration related to the project
VILLA CARSIA: PROJECT SUPPORTED HOUSING

STAKEHOLDER:
- Renters, users CMH
- Equipe CMH
- Territorial Residential Building Agency Trieste
- Sustaining Trusteeship
- Social Cooperatives (NGO)
- Municipality Social Service

MEANS:
- Personalized Rehabilitation Therapeutic Project
- Personal Health Budget
PENDICE SCOGLIETTO: PROJECT SUPPORTED HOUSING

STAKEHOLDER:
- Renters, users CMH
- Equipe CMH
- Sustaining Trusteeship
- Social Cooperatives (NGO)
- Municipality Social Service

MEANS:
- Personalized Rehabilitation Therapeutic Project
- Personal Health Budget
- Private Resources

Mario
Cooperative educators and caregiver
Giulio
Adele
Rented house
PERSONAL HEALTH BUDGET: MEANS FOR INTEGRATION BUT IN THE HANDS OF WHOM?

- USER CMH
- EQUIPE CMH
- SUSTAINING TRUSTEESHIP
- SOCIAL COOPERATIVES (NGO)
- MUNICIPALITY SOCIAL SERVICE
- FAMILY
- AND OTHERS...

PERSONALIZED REHABILITATION THERAPEUTIC PROJECT AND PERSONAL HEALTH BUDGET