

## The Ready Steady Go programme – Getting ready

The medical and nursing team are here to support you and your child. We will help you gain the knowledge and skills needed to confidently manage their condition.

Filling in this questionnaire will help the team create a programme to suit you.

**Please answer all questions that are relevant to you and ask if you are unsure.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
<b>KNOWLEDGE</b>			
I can describe my child's condition			
I know the medication my child takes e.g. names, doses and how often etc			
I know how to order and collect my child's repeat prescriptions and book his/her appointments			
I know who's who in the medical and nursing team			
I know who to contact if I have any concerns about my child's health			
I know about resources that offer support and advice for children and families with my child's condition			
<b>ADVOCACY</b>			
I am happy to ask questions in clinic			
I understand our rights to confidentiality			
I understand our role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
<b>HEALTH AND LIFESTYLE</b>			
I understand the importance of an active lifestyle for my child's general health and condition			
I understand the risks of alcohol, drugs and smoking on my child's condition			
I understand the importance of appropriate eating for my child's general health			
I am aware that my child's condition might affect how they develop, feel and behave			
I understand the implications of my child's condition and drugs on any future pregnancies			

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Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
<b>DAILY LIVING</b>			
I know how to plan ahead for being away from home, overseas, trips e.g. storage of medicines, vaccinations, insurance			
I understand our eligibility for benefits (if applicable)			
<b>EDUCATION AND THE FUTURE</b>			
My child is adequately supported at school			
The teachers understand about my child's condition/treatment/school absences			
<b>WORK AND LEISURE</b>			
I am aware of the potential impact (if any) of my child's condition on any education/career plans			
<b>MANAGING YOUR EMOTIONS</b>			
I know how to tell people about my child's condition e.g. friends, family, employers			
I know how to cope with emotions such as anger or anxiety			
I know someone we can talk to if we feel sad/fed-up			
I know how to deal with unwelcome comments			
I would like more information about where we can get help to deal with our emotions			
We are happy with life			

Please list anything else you would like help or advice with:

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Thank you

The 'Ready Steady Go' and 'Hello' materials were developed by the Transition Steering Group led by Dr Arvind Nagra, paediatric nephrologist and clinical lead for transitional care at Southampton Children's Hospital, University Hospital Southampton NHS Foundation Trust based on the work of: 1. S Whitehouse and MC Paone. Bridging the gap from youth to adulthood. Contemporary Pediatrics; 1998, December. 13-16. 2. Paone MC, Wigle M, Saewyc E. The ON TRAC model for transitional care of adolescents. Prog Transplant 2006;16:291-302 3. Janet E McDonagh et al, J Child Health Care 2006;10(1):22-42.

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