NHS

Ready Steady Go Transition Programme

Name: Hospital no:

Address:

DOB:

Ready Steady Go/Hello start date:

College/work:

Home tel no:

Email: Mobile no:

Diagnosis:

Resources (please specify): Date:

Offer copy of clinic letters Date:

MDT involvement

Youth worker

Social worker

Psychology

Specialist nurse

Dietitian

Other

Key worker

(K) KNOWLEDGE

		R	S	G	H
1.	Describes condition, effects and prognosis	☐	☐	☐	☐
2.	Understands medication/treatment purpose and effects	☐	☐	☐	☐
3.	Takes some/complete responsibility for medication/other treatment	☐	☐	☐	☐
4.	Orders repeat prescriptions	☐	☐	☐	☐
5.	Knows how to make/alter appointments	☐	☐	☐	☐
6.	Knows key team members and their roles	☐	☐	☐	☐
7.	Knows where to get help	☐	☐	☐	☐

(S) SELF ADVOCACY

1.	Part/whole clinic appointment on their own	☐	☐	☐	☐
2.	Understanding of confidentiality	☐	☐	☐	☐
3.	Understands their role in shared decision-making with the healthcare team e.g. Ask 3 Questions*	☐	☐	☐	☐

*See leaflet or www.advancingqualityalliance.nhs.uk/wp-content/uploads/2013/04/BrochureFinal25.10.12.pdf

(H) HEALTH AND LIFESTYLE

1.	Understands importance of diet/exercise/dental care	☐	☐	☐	☐
2.	Understands impact of smoking/alcohol/substance use	☐	☐	☐	☐
3.	Understands how their condition can affect how they feel and function e.g. sexual function, fertility, fatigue etc	☐	☐	☐	☐
4.	Understands sexual health issues/pregnancy/STDs/parenting	☐	☐	☐	☐

(A) ACTIVITIES OF DAILY LIVING

1.	Self care/meal preparation	☐	☐	☐	☐
2.	Independent travel/mobility	☐	☐	☐	☐
3.	Trips/overnight stays away from home	☐	☐	☐	☐
4.	Benefits	☐	☐	☐	☐

Ready Steady Go Transition Programme

(V) VOCATIONAL

		R	S	G	H
1.	Current education/work and impact of condition on career plans	☐	☐	☐	☐
2.	College/university/work attendance and performance	☐	☐	☐	☐
3.	Work/volunteering experience and how to access careers advice	☐	☐	☐	☐
4.	Outside activities and interests	☐	☐	☐	☐
5.	Disclosure to college/university/employer	☐	☐	☐	☐

(P) PSYCHOSOCIAL

1.	Self esteem/self confidence	☐	☐	☐	☐
2.	Body/self image	☐	☐	☐	☐
3.	Peer relationships	☐	☐	☐	☐
4.	Support networks/family/disclosure to friends	☐	☐	☐	☐
5.	Coping strategies	☐	☐	☐	☐

(T) TRANSITION

1.	Understands concept of transition	☐	☐	☐	☐
2.	Sees GP independently	☐	☐	☐	☐

Ready Date Signature

Steady Date Signature

Go Date Signature

Hello Date Signature

Ready Steady Go Transition Programme

Please tick and date when addressed, details to be recorded in free text section giving code eg K2, A3

DATE	SECTION NUMBER	PROGRESS NOTES/GOALS

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NOTES

The Ready Steady Go 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. Users are permitted to use 'Ready Steady Go' and 'Hello to adult services' materials in their original format purely for non-commercial purposes. No modifications or changes of any kind are allowed without permission of University Hospital Southampton NHS Foundation Trust.

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