### Transition programme

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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. The Ready Steady Go initiative is in partnership with Southampton Children’s Hospital and the Adult Services of the University Hospital Southampton NHS Foundation Trust. The Ready Steady Go materials can be used in their original format purely for non-commercial purposes. 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.

### Transition programme

#### (K) Knowledge

- Describes condition, effects and prognosis
- Understands medication purpose and effects
- Understands treatment purposes and effects
- Knows key team members and their roles

#### (S) Self Advocacy

- Part/whole clinic appointment on their own
- Knows how to make appointments/alter appointments
- Understanding of confidentiality
- Orders, repeat prescriptions
- Takes some/comlete responsibility for medication/other treatment
- Knows where to get help

#### (H) Health and Lifestyle

- Understands importance of diet/exercise/dental care
- Understands impact of smoking/alcohol/substance use
- Understands sexual health issues/pregnancy/STDs

#### (A) Activities of Daily Living

- Self care/meal preparation
- Independent travel/mobility
- Trips/overnight stays away from home
- Benefits

#### (V) Vocational

- Current and future education/impact of condition on career plans
- School attendance and performance
- Work experience and how to access careers advice
- Outside activities and interests
- Disclosure to school/employer

#### (P) Psychosocial

- Self esteem/self confidence
- Body image
- Peer relationships/bullying
- Support networks/family/disclosure to friends
- Coping strategies

#### (T) Transition

- Understands concept of transition
- Agrees transition plan
- Attends transition clinic
- Visits adult unit (if appropriate)
- Sees GP independently

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