Ready Steady Go Transition Programme

DATE	SECTION NUMBER	PROGRESS NOTES/GOALS

Ready Steady Go Transition Programme

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.

The following acknowledgement statement must be included in all publications which make reference to the use of these materials: "Ready Steady Go' and 'Hello to adult services' developed by the Transition Steering Group led by Dr Avrind 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." Further information can be found at www.uhs.nhs.uk/readysteadygo v2.0 2015



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		programme
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ddress:		-110
		dult
		to adult service
OB:		
ady Steady Go/Hello start date:		
ollege/work:		
ome tel no:		
nail:	Mobile no:	
agnosis:		
sources (please specify):	Date:	
fer copy of clinic letters	Date:	
DT involvement		
uth worker		
cial worker		
ychology		
ecialist nurse		
0.050		

Dietitian

Other

Key worker

Ready Steady Go Transition Programme

(K)	KNOWLEDGE	R	S	G	Н
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 le	aflet or www.advancingqualityalliance.nhs.uk/wp-content/uploads/2013/04/BrochureFin	nal25.10.	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				

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(V)	VOC	ATIONAL		R	S	G	Н	
١.	Currer	nt education/work and impact	of condition on career plans					
2.	Colleg	e/university/work attendance a	nd performance					
3.	Work/	volunteering experience and ho	ow to access careers advice					
1.	Outsid	le activities and interests						
5.	Disclos	sure to college/university/emplo	pyer					
(P)	PSYC	HOSOCIAL						
١.	Self es	teem/self confidence						
2.	Body/self image							
3.	Peer relationships							
1.	Support networks/family/disclosure to friends							
5.	Coping strategies							
(T)	TRAN	ISITION						
١.	Under	stands concept of transition		Ш	Ш	Ш	Ш	
2.	Sees G	GP independently						
Read	y	Date	Signature					_
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Stead	ıy	Date	Signature					_
Go		Date	Signature					
			-					-
Hello		Date	Signature					

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

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