

**Ready  
Steady Go**  
programme

**Hello**  
to adult  
services

# Hello to adult services

Information for patients, families and carers



We understand that learning you have a long-term condition can cause anxiety and be overwhelming.

We have developed the 'Hello to adult services' programme to help support you and help address any concerns you have.

### Who is it for?

You, if you have been diagnosed with a long-term condition.

### What is it?

A programme to help you gain knowledge and skills to manage your condition.

### Why?

So you have the knowledge and confidence to manage your condition and are supported through the process.

### How?

Your team will help you:

- **manage** your condition
- **learn about** your treatment
- **gain the confidence** to ask questions and be involved in decisions about your care
- know when to get help and **who to contact** in an emergency
- **stay informed** about any support networks available.

Talk to your team about how you feel and any questions or concerns you might have. Information about the programme can be found at

[www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Hello-to-adult-services.aspx](http://www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Hello-to-adult-services.aspx)

# Ask 3 Questions\*

NHS

Normally there will be choices to make about your healthcare. Make sure you get answers to these three questions:



What are my **options**?

What are the **pros and cons** of each option for me?

How do I get **support** to help me make a decision that is **right for me**?



Your doctor or nurse needs you to tell them what is important to you

**Shared Decision Making**

<http://www.advancingqualityalliance.nhs.uk/SDM/>

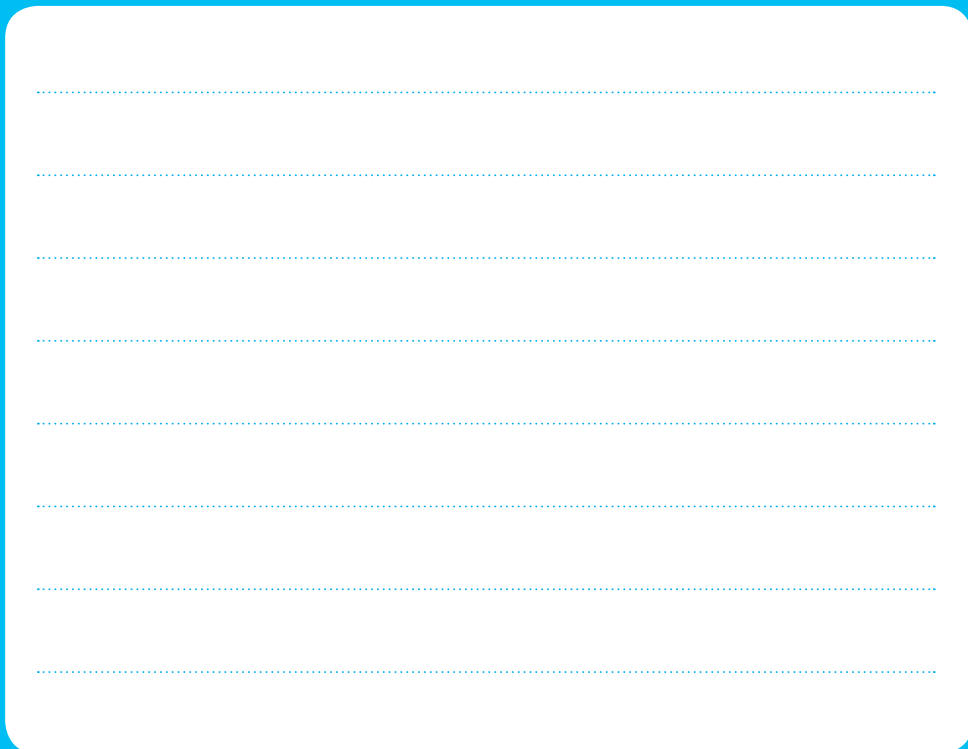
**AQUA**  
Advancing Quality Alliance

Right Care  
Shared  
Decision Making  
Programme

\*Ask 3 Questions has been adapted with kind permission from the MAGIC programme, supported by the Health Foundation

Ask 3 Questions is based on Shepherd HJ, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

You might like to use this section to jot down any questions you have:



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