

Parent/carer's transition programme

Name of parent: _____

Name of patient: _____

Date: Review (1) Review (2) Review (3) _____

Internet access: YES/NO _____

**Ready
Steady Go**
programme

Hello
to adult
services

This transition programme is designed to help parents and carers feel confident about their knowledge and skills during the period of transition. Over the coming appointments your healthcare team aims to equip your son/daughter and you with the necessary skills to play an appropriate part in the management of their medical condition.

Knowledge and skills

	Yes	No	N/A
I understand the meaning of transition	☐	☐	☐
I know who's who in the team and their respective roles	☐	☐	☐
I know about resources that offer support for parents/carers of young people with my son/daughters condition	☐	☐	☐
I understand what is likely to happen in the future regarding my son/daughter's condition	☐	☐	☐
I am aware how their condition can affect how they feel and function e.g. fatigue, sexual function, fertility etc...	☐	☐	☐
I am aware how their condition can impact on their future career plans/work (if applicable)	☐	☐	☐
I am confident my son/daughter is knowledgeable about their medical condition and its therapy	☐	☐	☐
I feel confident in helping my son/daughter to become responsible for their own medication	☐	☐	☐
I feel confident helping my son/daughter to contact the hospital themselves if they need to and to organise their own prescriptions.	☐	☐	☐
I know the plan for my son/daughters on-going medical care	☐	☐	☐

Parent/carers transition programme

Encouraging independence

	Yes	No	N/A
My son/daughter is independent at home e.g. dressing, bathing, preparing meals, chores etc	☐	☐	☐
My son/daughter is independent away from the home e.g. getting to and around college/work, using public transport, shopping etc	☐	☐	☐
I feel confident for my son/daughter to be seen on their own for part or all of the clinic visit	☐	☐	☐
I understand my son/daughters rights to information, privacy and confidentiality	☐	☐	☐
I understand my son/daughters role in shared decision making with the healthcare team e.g. Ask 3 Questions	☐	☐	☐
I know how to advise my son/daughter about financial matters e.g. eligibility for benefits and other support	☐	☐	☐

Healthy lifestyle

I understand the importance of an appropriate healthy diet for young people	☐	☐	☐
I encourage my son/daughter to regularly exercise. I am aware of any restrictions my son/daughter may have because of their condition	☐	☐	☐
I understand the effects of smoking, drugs and alcohol on my son/daughters condition and general health	☐	☐	☐
I know where to access reliable sexual health information for young people and their parents	☐	☐	☐

Please list any other things you have any concerns about or would like to discuss

Thank you

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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