

Ready Steady Go Transition Programme

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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 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 Paoe: Bridging the gap from youth to adulthood. *Contemporary Pediatrics*; 2008, December: 13-16. 2. Paoe MC, Wigle M, Saeewy E. The ON TRAC model for transitional care of adolescents. *Progr 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.ushs.nhs.uk/readysteadygo v2.0 2015

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Ready Steady Go
programme

Hello
to adult
services

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 |
|---|---|---|---|
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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

(H) HEALTH AND LIFESTYLE

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

-

(V) VOCATIONAL

- | R | S | G | H |
|---|---|---|---|
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1. Self esteem/self confidence
2. Body/self image
3. Peer relationships
4. Support networks/family/disclosure to friends
5. Coping strategies

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1. Understands concept of transition
2. Sees GP independently

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Hello	Date	Signature

[illegible]