

# The Ready Steady Go transition plan - Steady



The Ready Steady Go programme will help you manage your condition and look after yourself.



Please answer all the questions that are relevant to you and ask if you are unsure.



Your medical team and family will help you along the way.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Knowledge and skills	Yes	I would like some help	Comment
<b>KNOWLEDGE - WHAT I KNOW</b>			
 <p>I understand the medical words and procedures relevant to my condition</p>			
 <p>I understand what each of my medications are for and their side effects</p>			
 <p>I am responsible for my own medication at home</p>			
 <p>I order and collect my repeat prescriptions and book my own appointments</p>			

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Knowledge and skills	Yes	I would like some help	Comment
 <p data-bbox="363 443 679 663">I call the hospital myself if there is a question about my condition or treatment</p>			
 <p data-bbox="363 779 692 909">I know who looks after me and my condition</p>			
 <p data-bbox="363 1025 692 1196">I know what each member of the medical team can do for me</p>			
 <p data-bbox="363 1312 737 1482">I know the differences between children's and adult health care</p>			
 <p data-bbox="363 1599 734 1818">I know where I can get information and support for young people with my condition</p>			



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Knowledge and skills	Yes	I would like some help	Comment
<b>SELF ADVOCACY - SPEAKING UP FOR YOURSELF</b>			
 <p data-bbox="363 551 687 640">I can ask my own questions in clinic</p>			
 <p data-bbox="363 752 767 887">I feel confident to be seen on my own for some of the clinic visit</p>			
 <p data-bbox="363 999 759 1088">I understand my right to confidentiality</p>			
 <p data-bbox="363 1193 759 1328">I know it is important to be involved in any decisions about me</p>			
 <p data-bbox="363 1440 671 1529">I know about 'Ask 3 questions'</p>			
<b>HEALTH AND LIFESTYLE</b>			
 <p data-bbox="363 1715 759 1872">I understand it is important to exercise for my general health and condition</p>			
 <p data-bbox="363 1991 759 2125">I understand the risks of alcohol, drugs and smoking to my health</p>			

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Knowledge and skills	Yes	I would like some help	Comment
 <p>I know what food is good for me and not good for me</p>			
 <p>I know how my condition can affect me as I get older</p>			
 <p>I know where I can get information about sexual health</p>			
 <p>I understand the impact of my condition and medication on pregnancy and parenting</p>			


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Knowledge and skills	Yes	I would like some help	Comment
<b>DAILY LIVING</b>			
 <p data-bbox="363 510 671 689">I can look after myself at home - like dressing and washing myself</p>			
 <p data-bbox="363 801 722 887">I can make my own meals and snacks</p>			
 <p data-bbox="363 1003 743 1223">I can stay away from home overnight and know what to do if I want to go on holiday</p>			
 <p data-bbox="363 1335 762 1420">I know which benefits I can claim</p>			
<b>SCHOOL AND WHEN I LEAVE SCHOOL</b>			
 <p data-bbox="363 1637 746 1906">I am doing ok at school - like getting to and from school, getting around school, doing PE and making new friends</p>			




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Knowledge and skills	Yes	I would like some help	Comment
 <p>I know what I want to do when I leave school</p>			
 <p>I have had work experience</p>			
 <p>I am aware of the impact my condition could have on my future plans</p>			
 <p>I know who to contact for careers advice</p>			
<b>LEISURE - MY FREE TIME</b>			
 <p>I can use public transport to get to the shops, leisure centre or cinema</p>			
 <p>I see my friends outside of school</p>			

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Knowledge and skills	Yes	I would like some help	Comment
<b>MANAGING EMOTIONS - MY FEELINGS</b>			
 <p>I know how to deal with mean comments and bullying</p>			
 <p>I know someone I can talk to when I feel sad or fed-up</p>			
 <p>I know how to deal with emotions such as anger or anxiety</p>			
 <p>I am comfortable with the way I look</p>			
 <p>I am happy with life</p>			

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Knowledge and skills	Yes	I would like some help	Comment
TRANSITION			
 <p data-bbox="363 499 699 678">I understand why I am on the 'Ready Steady Go' programme</p>			
 <p data-bbox="363 786 719 920">I know the plan for my care when I am an adult</p>			
 <p data-bbox="363 1032 746 1256">I have the information I need about the adult team who will be looking after me</p>			



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**Please add anything else you would like to talk about here:**

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With thanks to:



© Dr Arvind Nagra. 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 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." Further information can be found at [www.uhs.nhs.uk/readysteadygo](http://www.uhs.nhs.uk/readysteadygo)