

Ready Steady Go

Transition programme

Ready Steady Go
programme

Who is it for?

- You, if you or your child, is over 11 years old with a long-term condition.

What is it?

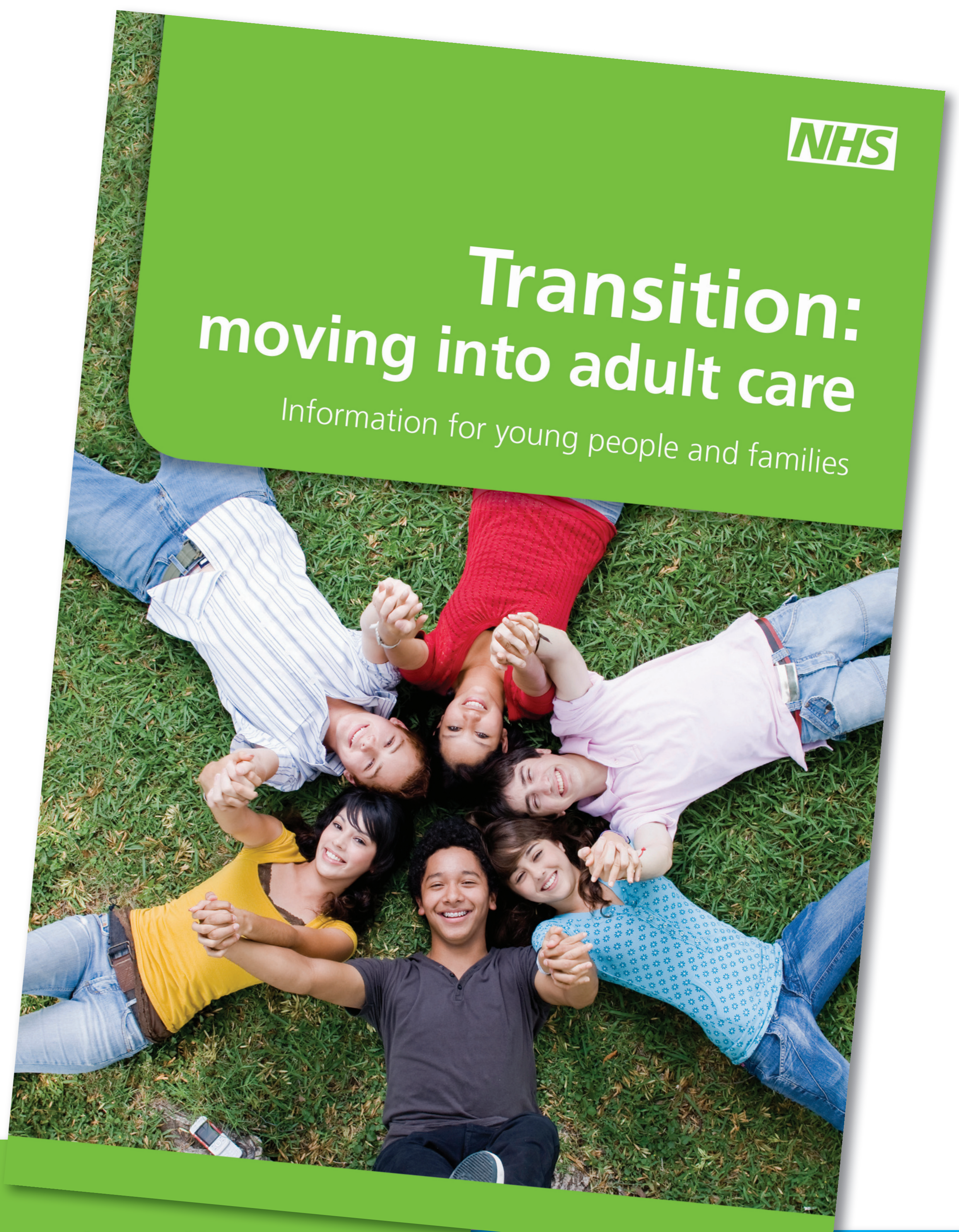
- A programme to help you gain the knowledge and skills to manage your condition.

Why?

- Improves long-term outcomes.
- Helps you gain the confidence and skills to move to adult services.

How?

- Ask your team about the **Ready Steady Go** programme.



The Ready Steady Go transition programme - Getting Ready

The medical and nursing team aim to support you as you grow up and help you gradually develop the confidence and skills to take charge of your own healthcare.

Filling in this questionnaire will help the team create a programme to suit you. **Please answer all questions that are relevant to you and ask if you are unsure.**

Name: _____ Date: _____

Knowledge and skills	Yes	I would like to work with this	Comment
KNOWLEDGE			
I can describe my condition			
I know when to take my medications, names, doses, how often, etc.			
I know who is in the medical and nursing team			
I understand the differences between paediatric and adult health care			
I know about resources that offer support for young people with my condition			
SELF ADVOCACY (speaking up for yourself)			
I feel ready to start preparing to be seen alone for part of the clinic visit in the future			
I ask my own questions in clinic			
I have heard and know about Ask 3 Questions			
HEALTH AND LIFESTYLE			
I understand it is important to exercise for my general health and condition			
I understand the risks of alcohol, drugs and smoking to my health			
I understand what appropriate eating means for my general health			
I am aware that my condition can affect how I develop e.g. puberty			
I know where and how I can access information about sexual health			

See leaflet on www.nhs.uk/readysteadygo/transition/transitionprogramme/2013/04/16/readysteadygo1312.pdf

The Ready Steady Go transition programme - Steady

The medical and nursing team aim to support you as you grow up and help you gradually develop the confidence and skills to take charge of your own healthcare.

Filling in this questionnaire will help the team create a programme to suit you. **Please answer all questions that are relevant to you and ask if you are unsure.**

Name: _____ Date: _____

Knowledge and skills	Yes	I would like to work with this	Comment
KNOWLEDGE			
Understand the medical terms/words and procedures relevant to my condition			
Understand what each of my medications are for and their side effects			
I am responsible for my own medication at home (order and collect my repeat prescriptions and book my own appointments)			
Call the hospital myself if there is a query about my condition and/or therapy			
I know what each member of the medical team can do for me			
Understand the differences between paediatric and adult health care			
I know about resources that offer support for young people with my condition			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own for some/all of each clinic visit and to ask my own questions			
Understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
HEALTH AND LIFESTYLE			
Exercise regularly/have an active lifestyle			
Understand the risk of drugs, alcohol and smoking to my health			
Understand what appropriate eating means for my general health			
I am aware that my condition can affect how I develop e.g. puberty			
I know where and how I can access information about sexual health			

See leaflet on www.nhs.uk/readysteadygo/transition/transitionprogramme/2013/04/16/readysteadygo1312.pdf

The Ready Steady Go transition programme - Go

The medical and nursing team aim to support you as you grow up and help you gradually develop the confidence and skills to take charge of your own healthcare.

Filling in this questionnaire will help the team create a programme to suit you. **Please answer all questions that are relevant to you and ask if you are unsure.**

Name: _____ Date: _____

Knowledge and skills	Yes	I would like to work with this	Comment
KNOWLEDGE			
I am confident in my knowledge about my condition and its management			
Understand what is likely to happen with my condition when I am an adult			
I look after my own medication (order and collect my repeat prescriptions and book my own appointments)			
Call the hospital myself if there is a query about my condition and/or therapy			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own in clinic			
Understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
HEALTH AND LIFESTYLE			
Exercise regularly/have an active lifestyle			
Understand the effect of smoking, drugs or alcohol on my condition and general health			
Understand what appropriate eating means for my general health			
I know where and how I can access providers of reliable accurate information about sexual health			
Understand the implications of my condition and drug therapy on pregnancy/parenting (if applicable)			
DAILY LIVING			
I am independent at home – dressing, bathing, showering, preparing meals, etc.			
I can do an on learning to drive			

*See leaflet on www.nhs.uk/readysteadygo/transition/transitionprogramme/2013/04/16/readysteadygo1312.pdf

The Ready Steady Go transition programme - Hello

The medical and nursing team aim to support and help you develop the confidence and skills to take charge of your own healthcare.

Filling in this questionnaire will help the team create a programme to suit you. **Please answer all questions that are relevant to you and ask if you are unsure.**

Name: _____ Date: _____

Knowledge and skills	Yes	I would like to work with this	Comment
KNOWLEDGE			
I am confident in my knowledge about my condition and its management			
Understand what is likely to happen with my condition in the future			
Understand what each of my medication/ treatments is for and their side effects			
Order and collect my repeat prescriptions and book my own appointments			
I know who to contact if I have any concerns about my health			
Call the hospital myself if there is a query about my condition or treatment			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own in clinic			
Understand my right to confidentiality			
Understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
HEALTH AND LIFESTYLE			
Exercise regularly/have an active lifestyle			
Understand the effect of smoking, drug and alcohol on my condition and general health			
Understand what appropriate eating means for my general health			
I am aware that my condition can affect how I feel and function e.g. fatigue, sexual function, fertility			
I know where and how I can access providers for accurate information about sexual health			
Understand the implications of my condition and drug therapy on pregnancy/parenting			

*See leaflet on www.nhs.uk/readysteadygo/transition/transitionprogramme/2013/04/16/readysteadygo1312.pdf

For more information go to www.uhs.nhs.uk/readysteadygo