

# Ready Steady Go

Knowledge and skills

I can describe my conditior

doses, how often, etc

and adult health care

HEALTH AND LIFESTYLE

KNOWLEDGE

## Transition programme



## Who is it for?

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

NHS **Transition:** moving into adult care Information for young people and families

### What is it?

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

Why? Improves long-term outcomes.

HOW?

 Helps you gain the confidence and skills to



#### move to adult services.

understand the risks of alcohol, drugs and smoking to my health ion makin I understand what appropriate eating means fo my general health I am aware that my condition can affect how I develop e.g. puberty , drugs o I know where and how I can access information al health about sexual health means for oviders o xual health ndition and cy/parenting (if applicable DAILY LIVING I am independent at home – dressing, bathing, showering, preparing meals, etc can or am learning to drive

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

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