

# 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.

