

# The Ready Steady Go transition programme - Steady

The medical and nursing team aim to support you as you get older 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 some extra advice/help with this	Comment
<b>KNOWLEDGE</b>			
I understand the medical terms/words and procedures relevant to my condition			
I understand what each of my medications are for and their side effects			
I am responsible for my own medication at home			
I order and collect my repeat prescriptions and book my own appointments			
I 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			
I understand the differences between children's and adult health care			
I know about resources that offer support for young people with my condition			
<b>SELF ADVOCACY (speaking up for yourself)</b>			
I feel confident to be seen on my own for some/all of each clinic visit and to ask my own questions			
I understand my right to confidentiality			
I understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
<b>HEALTH AND LIFESTYLE</b>			
I exercise regularly/have an active lifestyle			
I understand the risks of drugs, alcohol 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 reliable information about sexual health			
I understand the implications of my condition and medications on pregnancy/parenting (if applicable)			

\*See [www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Childhealth/ReadySteadyGo/Printready/Ready-Steady-Go-postcard-print-ready.pdf](http://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Childhealth/ReadySteadyGo/Printready/Ready-Steady-Go-postcard-print-ready.pdf)

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Knowledge and Skills	Yes	I would like some extra advice/help with this	Comment
<b>DAILY LIVING</b>			
I can look after myself at home in terms of dressing and bathing/showering etc			
I can make my own snacks/meals			
I know how to plan ahead for being away from home, overseas, trips, e.g. storage of medicines and vaccinations			
<b>EDUCATION AND YOUR FUTURE</b>			
I am managing at school/college (getting to and from the site, coping with work, friends and PE, for example)			
I know what I want to do when I leave school			
I have had work/volunteering experience			
I am aware of any potential impact of my condition to my education and/or work opportunities			
I know who to contact for careers advice			
<b>LEISURE</b>			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school/college			
<b>MANAGING YOUR EMOTIONS</b>			
I know how to deal with unwelcome comments/ bullying			
I know someone I can talk to when I feel sad/fed up			
I know how to deal with emotions such as anger or anxiety			
I am comfortable with the way I look			
I am happy with life			
<b>TRANSFER TO ADULT CARE</b>			
I understand the meaning of 'transition'			
I am aware of the plan for my medical care when I am an adult			
I have all of the information I need about the adult team who will be looking after me			

Please list anything else you would like help or advice with:

Thank you

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.

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