

The Ready Steady Go transition programme - Getting Ready

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
KNOWLEDGE			
I can describe my condition			
I know when to take my medications, names, doses, how often, etc			
I know who's who in the medical and nursing team			
I understand the differences between children's 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 reliable information about sexual health			

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Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
DAILY LIVING			
I can look after myself at home in terms of dressing and bathing/showering etc			
I can make my own snacks/meals			
I am able to be away from home overnight			
SCHOOL AND YOUR FUTURE			
I am managing at school e.g. getting to and around school, school work, PE, friends, etc			
I know what I want to do when I leave school			
LEISURE			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school			
MANAGING YOUR EMOTIONS			
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			
TRANSFER TO ADULT CARE			
I understand the meaning of 'transition' and transfer of information about 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.

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 April 2020. 2518

The Ready Steady Go transition programme - Steady

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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
KNOWLEDGE			
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			
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			
I understand my right to confidentiality			
I understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
HEALTH AND LIFESTYLE			
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

The Ready Steady Go transition programme - Steady

Knowledge and Skills	Yes	I would like some extra advice/help with this	Comment
DAILY LIVING			
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			
EDUCATION AND YOUR FUTURE			
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			
LEISURE			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school/college			
MANAGING YOUR EMOTIONS			
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			
TRANSFER TO ADULT CARE			
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

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The Ready Steady Go transition programme - Go

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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
KNOWLEDGE			
I am confident in my knowledge about my condition and its management			
I understand what is likely to happen with my condition when I am an adult			
I look after my own medication			
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			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own in clinic			
I understand my right to confidentiality			
I understand my role in shared decision making with the healthcare team e.g. Ask 3 questions*			
HEALTH AND LIFESTYLE			
I exercise regularly/have an active lifestyle			
I understand the risks of drugs, alcohol and smoking on my condition and general health			
I understand what appropriate eating means for my general health			
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)			
DAILY LIVING			
I am independent at home – dressing, bathing, showering, preparing meals, etc			
I can or am learning to drive			

*See www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Childhealth/ReadySteadyGo/Printready/Ready-Steady-Go-postcard-print-ready.pdf

The Ready Steady Go transition programme - Go

Knowledge and Skills	Yes	I would like some extra advice/help with this	Comment
DAILY LIVING (CONTINUED)			
I know how to plan ahead for being away from home, overseas, trips e.g. storage of medicines, vaccinations			
I understand my eligibility for benefits (if applicable)			
EDUCATION/WORK AND YOUR FUTURE			
I have had work/volunteering experience			
I have a Career Plan (please specify)			
I am aware of the potential impact (if any) of my condition on my future career plans			
I know how and what to tell a potential employer about my condition (if applicable)			
I know who to contact for careers advice			
LEISURE			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school/college/work			
MANAGING YOUR EMOTIONS			
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 cope with emotions such as anger or anxiety			
I know where I can get help to deal with my emotions if needed			
I am comfortable with the way I look			
I am happy with life			
TRANSFER TO ADULT CARE			
I understand the meaning of 'transition' and transfer of information about me			
I know the plan for my 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:

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