DATE	SECTION NUMBER	PROGRESS NOTES/GOALS

Ready Steady Go Transition Programme

NOTES

(K) KNOWLEDGE

		R	S	G	H
1.	Describes condition, effects and prognosis	☐	☐	☐	☐
2.	Understands medication/treatment purpose and effects	☐	☐	☐	☐
3.	Takes some/complete responsibility for medication/other treatment	☐	☐	☐	☐
4.	Orders repeat prescriptions	☐	☐	☐	☐
5.	Knows how to make/alter appointments	☐	☐	☐	☐
6.	Knows key team members and their roles	☐	☐	☐	☐
7.	Knows where to get help	☐	☐	☐	☐

(S) SELF ADVOCACY

1.	Part/whole clinic appointment on their own	☐	☐	☐	☐
2.	Understanding of confidentiality	☐	☐	☐	☐
3.	Understands their role in shared decision-making with the healthcare team e.g. Ask 3 Questions*	☐	☐	☐	☐

*See leaflet or www.advancingqualityalliance.nhs.uk/wp-content/uploads/2013/04/BrochureFinal25.10.12.pdf

(H) HEALTH AND LIFESTYLE

1.	Understands importance of diet/exercise/dental care	☐	☐	☐	☐
2.	Understands impact of smoking/alcohol/substance use	☐	☐	☐	☐
3.	Understands how their condition can affect how they feel and function e.g. sexual function, fertility, fatigue etc	☐	☐	☐	☐
4.	Understands sexual health issues/pregnancy/STDs/parenting	☐	☐	☐	☐

(A) ACTIVITIES OF DAILY LIVING

1.	Self care/meal preparation	☐	☐	☐	☐
2.	Independent travel/mobility	☐	☐	☐	☐
3.	Trips/overnight stays away from home	☐	☐	☐	☐
4.	Benefits	☐	☐	☐	☐

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(V) VOCATIONAL

		R	S	G	H
1.	Current education/work and impact of condition on career plans	☐	☐	☐	☐
2.	College/university/work attendance and performance	☐	☐	☐	☐
3.	Work/volunteering experience and how to access careers advice	☐	☐	☐	☐
4.	Outside activities and interests	☐	☐	☐	☐
5.	Disclosure to college/university/employer	☐	☐	☐	☐

(P) PSYCHOSOCIAL

1.	Self esteem/self confidence	☐	☐	☐	☐
2.	Body/self image	☐	☐	☐	☐
3.	Peer relationships	☐	☐	☐	☐
4.	Support networks/family/disclosure to friends	☐	☐	☐	☐
5.	Coping strategies	☐	☐	☐	☐

(T) TRANSITION

1.	Understands concept of transition	☐	☐	☐	☐
2.	Sees GP independently	☐	☐	☐	☐

Ready Date _____ Signature _____

Steady Date _____ Signature _____

Go Date _____ Signature _____

Hello Date _____ Signature _____

Ready Steady Go Transition Programme

Please tick and date when addressed, details to be recorded in free text section giving code eg K2, A3

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