



The Ready Steady Go programme will help you manage your condition and look after yourself.



Please answer all the questions that are relevant to you and ask if you are unsure.



Your medical team and family will help you along the way.



Name: Date:

Knowledg	ge and skills	Yes	I would like some help	Comment
KNOWLE	OGE - WHAT I KNOW			
	I can describe my condition - this means you know why you are seeing your doctors, nurses or therapist			
	I know about my medicines and treatments			
***	I know who looks after me and my condition			
**	I know the differences between children's and adult health care			

Knowledg	je and skills	Yes	I would like some help	Comment
	I know where I can get information and support for young people with my condition			
SELF ADV	OCACY - G UP FOR YOURSELF			
+*	I feel ready to start being seen on my own for some of the clinic visit			
	I can ask my own questions in clinic			
3?	I know about 'Ask 3 Questions'			
	AND LIFESTYLE - AFTER MYSELF			
D05	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			

Knowledg	je and skills	Yes	I would like some help	Comment
mar -	I know what food is good for me and not good for me			
·C	I know how my condition can affect me as I get older			
P	I know where I can get information about sexual health			
DAILY LIV	ING			
	I can look after myself at home - like dressing and washing myself			
	I can make my own meals and snacks			
(***	I can stay away from home overnight			

Knowledge and skills		Yes	I would like some help	Comment
SCHOOL A	AND WHEN CHOOL		·	
	I am doing ok at school - like getting to and from school, getting around school, doing PE and making new friends			
DECISIONS OUESTING FUTURE CHOICES	I know what I want to do when I leave school			
LEISURE -	MY FREE TIME			
	I can use public transport and get to the shops, leisure centre or cinema			
XX	I see my friends outside of school			
MANAGING EMOTIONS - MY FEELINGS				
1/5X.1 1/5X.1	I know how to deal with mean comments and bullying			

Knowledg	ge and skills	Yes	I would like some help	Comment
	I know someone I can talk to when I feel sad or fed-up			
	I know how to deal with emotions such as anger or anxiety			
6	I am happy with life			
TRANSITIO	NC			
	I understand why I am on the 'Ready Steady Go' programme			
	I understand the different stages of The 'Ready Steady Go' Programme			

	Please add anything else you would like to talk about here:
Vith thanks	foundation for
	people with learning disabilities

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3-16. 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