

**Ready
Steady Go**
programme

Hello
to adult
services

Hello to adult services

Information for patients, families and carers



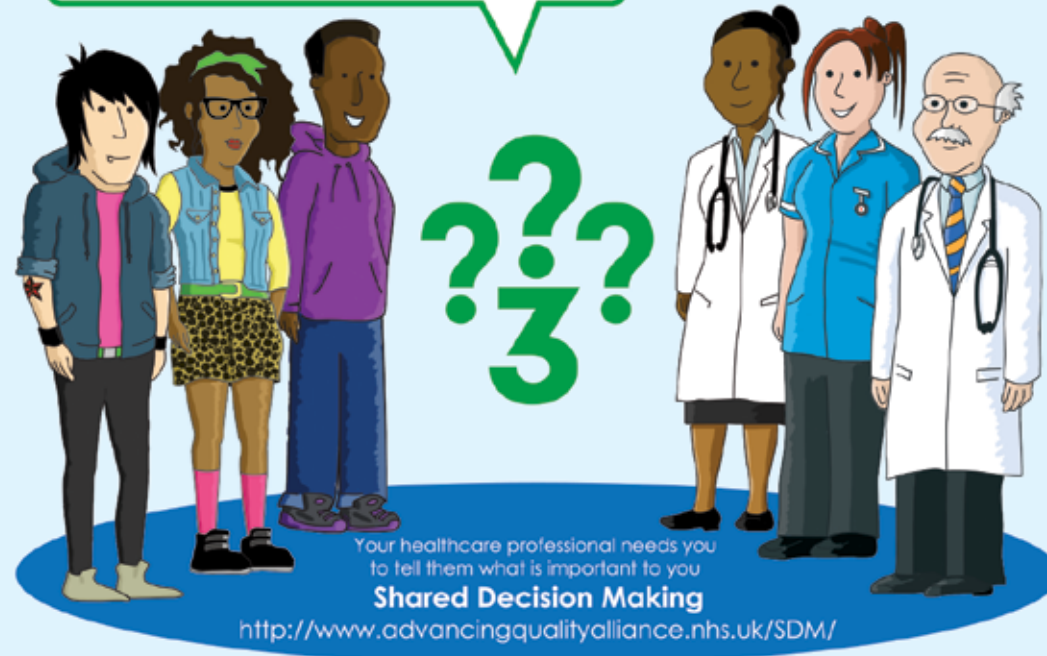
Ask 3 Questions

Normally there will be choices to make about your healthcare. Make sure you get answers to these three questions:*

What are my **options**?

What are the **pros** and **cons** of each option for me?

How do I get **support** to help me make a decision that is **right** for me?



We understand that learning you have a long-term condition can cause anxiety and be overwhelming.

We have developed the 'Hello to adult services' programme to help support you and help address any concerns you have.

Who is it for?

You, if you have been diagnosed with a long-term condition.

What is it?

A programme to help you gain knowledge and skills to manage your condition.

Why?

So you have the knowledge and confidence to manage your condition and are supported through the process.

How?

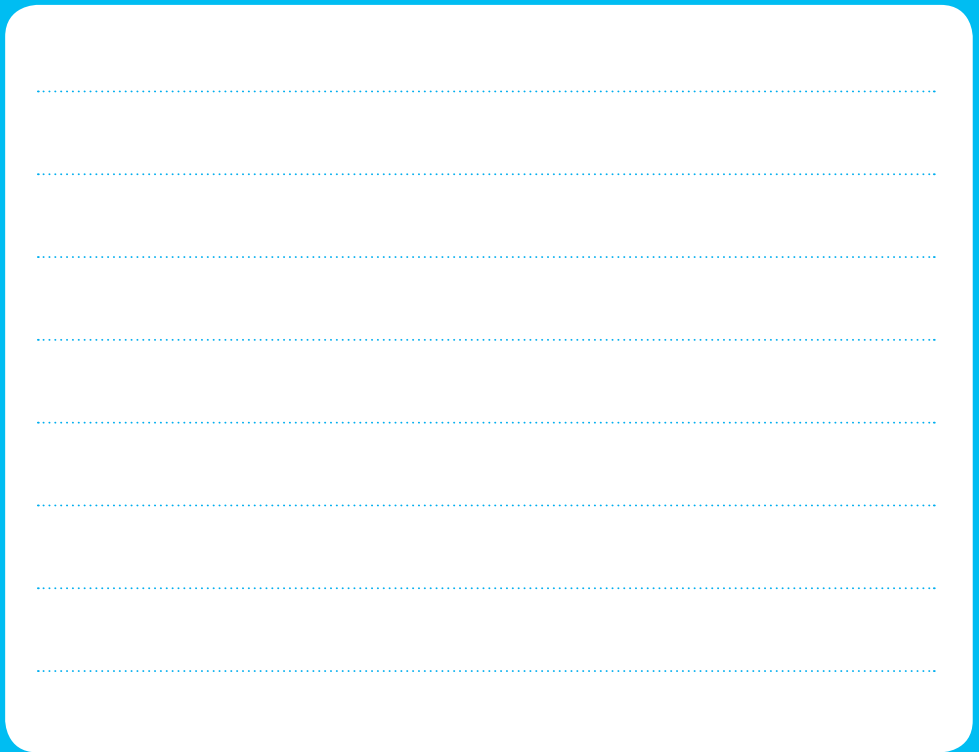
Your team will help you:

- **manage** your condition
- **learn about** your treatment
- **gain the confidence** to ask questions and be involved in decisions about your care
- know when to get help and **who to contact** in an emergency
- **stay informed** about any support networks available.

Talk to your team about how you feel and any questions or concerns you might have. Information about the programme can be found at

www.uhs.nhs.uk/OurServices/Childhealth/TransitiontoadultcareReadySteadyGo/Hello-to-adult-services.aspx

You might like to use this section to jot down any questions you have:



The Ready Steady Go™ and ' and 'Hello to children's services™™ and Hello to adult services™™ 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 children's services™™' 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