

# The Ready Steady Go transition programme - Steady

The medical and nursing team aim to support and help you 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 know who to contact if I have any concerns about my health			
I know about resources that offer support for young people and adults 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 effect of smoking, drugs and alcohol on my condition and general health			
I understand what appropriate eating means for my general health			
I am aware that my condition can affect how I feel and function e.g fatigue, sexual function, fertility			
I know where and how I can access providers for accurate information about sexual health			
I understand the implications of my condition and drugs on pregnancy/parenting			

\*See leaflet or [www.advancingqualityalliance.nhs.uk/wp-content/uploads/2013/04/BrochureFinal25.10.12.pdf](http://www.advancingqualityalliance.nhs.uk/wp-content/uploads/2013/04/BrochureFinal25.10.12.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 in terms of dressing, bathing, making meals etc			
I know how to plan ahead for being away from home, overseas trips e.g storage of medicine and vaccinations			
I can or am learning to drive			
I understand my eligibility for benefits (if applicable)			
<b>COLLEGE, WORK AND YOUR FUTURE</b>			
I am managing at college/work e.g getting to and around, nature of work, friends etc			
I have had experience of working/volunteering			
I know what I want to do in the future			
I am aware of the potential impact of my condition on my education/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 have friends and see them socially			
<b>MANAGING YOUR EMOTIONS</b>			
I can tell people about my condition e.g. friends, family, employers			
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 to others			
I am happy with life			

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

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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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