

## The Ready Steady Go transition programme - Getting Ready

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 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 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 ready to start preparing to be seen alone for part of the clinic visit			
I ask my own questions 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*			
<b>HEALTH AND LIFESTYLE</b>			
I exercise regularly/have an active lifestyle			
I understand what appropriate eating means for my general health			
I understand the effect of smoking, drugs and alcohol on my condition and general health			
I am aware that my condition can affect how I feel and function e.g. sexual function, fatigue, fertility			
I know where and how I can access information about sexual health			

\*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 medicines, vaccinations			
I can or am learning to drive			
<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 know what I want to do in the future. I have a career plan			
<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 feel confident in telling people about my condition e.g. friends, family, employers			
I know how to deal with emotions such as anger or anxiety			
I know someone I can talk to when I feel sad/fed-up			
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.

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](http://www.uhs.nhs.uk/readysteadygo) v2.0 2015