Note down any questions you have below:

Scan to learn more

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Ready Steady Go programme

NHS

Ready steady go

Information for patients, families and carers

Knowing that you have a long term condition can be worrying.

We have made the 'Ready Steady Go' programme to help support you.

Who is it for?
You, if you have a long term condition.

What is it?
A programme to help you gain knowledge and skills to manage your condition.

Why?
So you know how to deal with things and feel supported.

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
- **find out about** support networks available.

- To find out more online visit: **www.readysteadygo.net**

NHS

Ask 3 Questions

There may be choices to make about your healthcare.
Make sure you get the answers to these three questions:*

What are my choices?

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

What is good and bad about each choice?

Your healthcare team needs you to tell them what is important to you.

It's about shared decision making.

*Ask 3 Questions has been adapted with kind permission from the MAGIC programme, supported by the Health Foundation. Ask 3 Questions is based on Shepherd HL, et al. Three questions that parents can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient education and Counselling, 2011;84: 379-85