

The Ready Steady Go transition plan - Ready



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: _____

| Knowledge and skills | Yes | I would like some help | Comment |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------|---------|
| KNOWLEDGE - WHAT I KNOW | | | |
|  <p>I can describe my condition - this means you know why you are seeing your doctors, nurses or therapist</p> | | | |
|  <p>I know about my medicines and treatments</p> | | | |
|  <p>I know who looks after me and my condition</p> | | | |
|  <p>I know the differences between children's and adult health care</p> | | | |

The Ready Steady Go transition plan - Getting Ready

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------------------------|---------|
|  <p>I know where I can get information and support for young people with my condition</p> | | | |
| SELF ADVOCACY - SPEAKING UP FOR YOURSELF | | | |
|  <p>I feel ready to start being seen on my own for some of the clinic visit</p> | | | |
|  <p>I can ask my own questions in clinic</p> | | | |
|  <p>I know about 'Ask 3 Questions'</p> | | | |
| HEALTH AND LIFESTYLE - LOOKING AFTER MYSELF | | | |
|  <p>I understand it is important to exercise for my general health and condition</p> | | | |
|  <p>I understand the risks of alcohol, drugs and smoking to my health</p> | | | |

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|  <p data-bbox="363 443 730 577">I know what food is good for me and not good for me</p> | | | |
|  <p data-bbox="363 692 730 826">I know how my condition can affect me as I get older</p> | | | |
|  <p data-bbox="363 938 730 1072">I know where I can get information about sexual health</p> | | | |
| DAILY LIVING | | | |
|  <p data-bbox="363 1252 667 1431">I can look after myself at home - like dressing and washing myself</p> | | | |
|  <p data-bbox="363 1543 730 1632">I can make my own meals and snacks</p> | | | |
|  <p data-bbox="363 1731 730 1821">I can stay away from home overnight</p> | | | |

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| SCHOOL AND WHEN I LEAVE SCHOOL | | | |
|  <p>I am doing ok at school - like getting to and from school, getting around school, doing PE and making new friends</p> | | | |
|  <p>I know what I want to do when I leave school</p> | | | |
| LEISURE - MY FREE TIME | | | |
|  <p>I can use public transport and get to the shops, leisure centre or cinema</p> | | | |
|  <p>I see my friends outside of school</p> | | | |
| MANAGING EMOTIONS - MY FEELINGS | | | |
|  <p>I know how to deal with mean comments and bullying</p> | | | |

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|  <p>I know someone I can talk to when I feel sad or fed-up</p> | | | |
|  <p>I know how to deal with emotions such as anger or anxiety</p> | | | |
|  <p>I am happy with life</p> | | | |
| TRANSITION | | | |
|  <p>I understand why I am on the 'Ready Steady Go' programme</p> | | | |
|  <p>I understand the different stages of The 'Ready Steady Go' Programme</p> | | | |

