

The Ready Steady Go transition plan - Steady



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 understand the medical words and procedures relevant to my condition</p>			
<p>I understand what each of my medications are for and their side effects</p>			
<p>I am responsible for my own medication at home</p>			
<p>I order and collect my repeat prescriptions and book my own appointments</p>			

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Knowledge and skills	Yes	I would like some help	Comment
 <p data-bbox="363 443 679 663">I call the hospital myself if there is a question about my condition or treatment</p>			
 <p data-bbox="363 779 692 909">I know who looks after me and my condition</p>			
 <p data-bbox="363 1019 692 1193">I know what each member of the medical team can do for me</p>			
 <p data-bbox="363 1310 735 1485">I know the differences between children's and adult health care</p>			
 <p data-bbox="363 1597 735 1816">I know where I can get information and support for young people with my condition</p>			





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Knowledge and skills	Yes	I would like some help	Comment
SELF ADVOCACY - SPEAKING UP FOR YOURSELF			
 <p data-bbox="363 551 687 640">I can ask my own questions in clinic</p>			
 <p data-bbox="363 752 767 887">I feel confident to be seen on my own for some of the clinic visit</p>			
 <p data-bbox="363 994 759 1084">I understand my right to confidentiality</p>			
 <p data-bbox="363 1196 759 1330">I know it is important to be involved in any decisions about me</p>			
 <p data-bbox="363 1438 676 1527">I know about 'Ask 3 questions'</p>			
HEALTH AND LIFESTYLE			
 <p data-bbox="363 1706 759 1886">I understand it is important to exercise for my general health and condition</p>			
 <p data-bbox="363 1993 759 2128">I understand the risks of alcohol, drugs and smoking to my health</p>			


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Knowledge and skills	Yes	I would like some help	Comment
 <p data-bbox="363 443 751 577">I know what food is good for me and not good for me</p>			
 <p data-bbox="363 689 730 824">I know how my condition can affect me as I get older</p>			
 <p data-bbox="363 931 719 1066">I know where I can get information about sexual health</p>			
 <p data-bbox="363 1171 667 1440">I understand the impact of my condition and medication on pregnancy and parenting</p>			

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Knowledge and skills	Yes	I would like some help	Comment
DAILY LIVING			
 <p data-bbox="363 510 671 689">I can look after myself at home - like dressing and washing myself</p>			
 <p data-bbox="363 797 722 887">I can make my own meals and snacks</p>			
 <p data-bbox="363 999 743 1223">I can stay away from home overnight and know what to do if I want to go on holiday</p>			
 <p data-bbox="363 1335 762 1424">I know which benefits I can claim</p>			
SCHOOL AND WHEN I LEAVE SCHOOL			
 <p data-bbox="363 1637 746 1906">I am doing ok at school - like getting to and from school, getting around school, doing PE and making new friends</p>			




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Knowledge and skills	Yes	I would like some help	Comment
 <p>I know what I want to do when I leave school</p>			
 <p>I have had work experience</p>			
 <p>I am aware of the impact my condition could have on my future plans</p>			
 <p>I know who to contact for careers advice</p>			
LEISURE - MY FREE TIME			
 <p>I can use public transport to get to the shops, leisure centre or cinema</p>			
 <p>I see my friends outside of school</p>			

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Knowledge and skills	Yes	I would like some help	Comment
MANAGING EMOTIONS - MY FEELINGS			
 <p data-bbox="363 555 647 730">I know how to deal with mean comments and bullying</p>			
 <p data-bbox="363 842 711 972">I know someone I can talk to when I feel sad or fed-up</p>			
 <p data-bbox="363 1086 722 1216">I know how to deal with emotions such as anger or anxiety</p>			
 <p data-bbox="363 1308 716 1406">I am comfortable with the way I look</p>			
 <p data-bbox="363 1518 568 1603">I am happy with life</p>			

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Knowledge and skills	Yes	I would like some help	Comment
TRANSITION			
 <p>I understand why I am on the 'Ready Steady Go' programme</p>			
 <p>I know the plan for my care when I am an adult</p>			
 <p>I have the information I need about the adult team who will be looking after me</p>			

