

The Ready Steady Go transition plan - Go

The team aim to support you as you grow up and gradually help you develop the confidence and skills to take charge of your own healthcare.

Name: _____

Date: _____



Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
KNOWLEDGE			
I am confident in my knowledge about my condition and it's management			
I understand what is likely to happen with my condition when I am an adult			
I look after my own medication			
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			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own in clinic			
I understand my rights and responsibilities to privacy, decision-making, consent and confidentiality			
HEALTH AND LIFESTYLE			
I exercise regularly/have an active lifestyle			
I understand the effect of smoking, drugs or alcohol on my condition and general health			
I understand what appropriate eating means for my general health			
I know where and how I can access providers of reliable accurate information about sexual health			
I understand the implications of my condition and drug therapy on pregnancy/parenting (if applicable)			
DAILY LIVING			
I am independent at home – dressing, bathing, showering, preparing meals, etc			
I can or am learning to drive			
I know how to plan ahead for being away from home, overseas, trips e.g. storage of medicines, vaccinations			

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TRANSFER TO ADULT CARE			
I understand the meaning of 'transition' and transfer of information about me			
I know the plan for my care when I am an adult			
I would like more information about an orientation visit to the adult service I will transfer to for my adult care			
SCHOOL/CAREER/YOUR FUTURE			
I have had work/ volunteering experience			
I understand my eligibility for benefits (if applicable)			
I have a Career Plan (please specify)			
I am aware of the potential impact (if any) of my condition on my future career plans			
I know how and what to tell a potential employer about my condition (if applicable)			
I know who to contact for careers advice			
LEISURE			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school hours			
MANAGING YOUR EMOTIONS			
I know how to deal with unwelcome comments/ bullying			
I know someone I can talk to when I feel sad/fed-up			
I know how to cope with emotions such as anger or anxiety			
I would like more information as to where I can get help to deal with my emotions			
I am comfortable with the way I look to others			

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

Thank you