

## The Ready Steady Go transition plan - Getting Ready

The medical and nursing 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
<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 understand the differences between paediatric and adult health care			
I know about resources that offer support for young people 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 in the future			
I ask my own questions in clinic			
<b>HEALTH AND LIFESTYLE</b>			
I understand it is important to exercise for my general health and condition			
I understand what appropriate eating means for my general health			
I am aware that my condition can affect how I develop e.g. puberty			
I understand the risks of alcohol, drugs and smoking to my health			
I know where and how I can access information about sexual health			

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<b>DAILY LIVING</b>			
I can look after myself at home in terms of dressing and bathing/showering etc			
I can make my own snacks/meals			
I am able to be away from home overnight.			
<b>SCHOOL AND YOUR FUTURE</b>			
I am managing at school e.g. getting to and around school, school work, PE, friends, etc			
I know what I want to do when I leave school			
<b>LEISURE</b>			
I can use public transport and access my local community, e.g. shops, leisure centre, cinema			
I see my friends outside school hours			
<b>MANAGING YOUR EMOTIONS</b>			
I know how to deal with unwelcome comments/ bullying			
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			
<b>TRANSFER TO ADULT CARE</b>			
I understand the meaning of 'transition' and transfer of information about me			

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

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Thank you