

The Ready Steady Go transition plan - Steady

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
KNOWLEDGE			
I understand the medical terms/words and procedures relevant to my condition			
I understand what each of my medications are for and their side effects			
I am responsible for my own medication at home			
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			
I know what each member of the medical team can do for me			
I understand the differences between paediatric and adult health care			
I know about resources that offer support for young people with my condition			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own for some/all of each clinic visit and to ask my own questions			
I understand my rights to decision-making, consent and confidentiality			
HEALTH AND LIFESTYLE			
I exercise regularly/have an active lifestyle			
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 risk of drugs, alcohol and smoking to my health			
I know where and how I can access information about sexual health			
I understand the implications of my condition and drugs on pregnancy/parenting			

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Knowledge and Skills	Yes	I would like some extra advice/help with this	Comment
DAILY LIVING			
I can look after myself at home in terms of dressing and bathing/showering etc			
I can make my own snacks/meals			
I know how to plan ahead for being away from home, overseas, trips, e.g. storage of medicines and vaccinations			
SCHOOL AND YOUR FUTURE			
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			
I have had work experience			
I am aware of any potential impact of my condition to my education and/or work opportunities			
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 how to deal with emotions such as anger or anxiety			
I am happy with life			
I am comfortable with the way I look to others			
TRANSFER TO ADULT CARE			
I understand the meaning of 'transition'			
I am aware of the plan for my medical care when I am an adult			
I would like more information about visiting the adult service I might be attending			

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

Thank you