

TRANSITION FROM PAEDIATRIC TO ADULT CARE

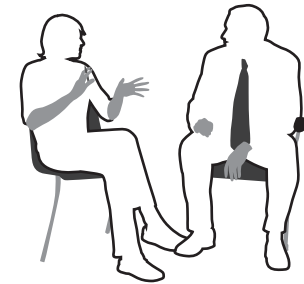
As a child your parents/ carers look after your medical condition but as you get older you will need to do it yourself – this is called transition

Can you explain your medical condition to your friends?

Do you feel confident to have an appointment on your own?

Do you know what medicines you take and when?

Have you talked to your doctor or nurse about the Ready, Steady, Go!



If not then you should ask about it!

If you are 12 years old or over and have a long-term medical condition then you should have help to learn about your condition, treatment and how your appointments will work as you move into the adult department

The Ready Steady Go transition programme - Getting Ready

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

Filling in this questionnaire will help the team create a programme to suit you. Please answer all questions that are relevant to you and ask if you are unsure.

Name: _____ Date: _____

Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
KNOWLEDGE			
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			
SELF ADVOCACY (speaking up for yourself)			
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			
I have heard and know about 'Ask 3 Questions'			
HEALTH AND LIFESTYLE			
I understand it is important to exercise for my general health and condition			
I understand the risks of alcohol, drugs and smoking to my health			
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 know where and how I can access information about sexual health			

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 am able to be away from home overnight			
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			
LEISURE			
I can use public transport and access my local community, e.g. shops, leisure centres, 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 deal with emotions such as anger or anxiety			
I am happy with life			
TRANSFER TO ADULT CARE			
I understand the meaning of 'transition' and transfer of information about me			

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

Thank you