## **Transition plan**

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| DATE | SECTION<br>NUMBER | PROGRESS NOTES/GOALS |
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Ready Steady Go is based on the work of: 1. S Whitehouse and MC Paone. Contemporary Paediatrics; 1998, 13-16. 2. Paone MC, Wigle M, Saewyc E. Prog Transplant 2006; 16:291-302. 3. Janet E McDonagh et al, J Child Health 2006; 10(1):22-43. Further information at www.uhs.nhs.uk/readysteadygo



# **Transition plan**

| Name:                                    | Hospital no:           |                                |
|--|------------------------|--------------------------------|
| Address:                                 | DOB:                   | Ready                          |
|  | Transition start date: | Ready<br>Steady C<br>programme |
|  | School/college:        |                                |
| Home tel no:                             |                        |                                |
| Email:                                   | Mobile no:             |                                |
| Diagnosis:                               |                        |                                |
| Target date for transfer adult services: |                        |                                |
| Discharge summary completed:             |                        |                                |
| Resources:                               | Date:                  |                                |
| Transition leaflet for young people      |                        |                                |
| Transition leaflet for parents/carers    |                        |                                |
| Other (please specify)                   |                        |                                |
| Offer copy of clinic letters             | Date:                  |                                |
| MDT involvement                          |                        |                                |
| Youth worker                             |                        |                                |
| Social worker                            |                        |                                |
| Psychology                               |                        |                                |
| Specialist nurse                         |                        |                                |
| Dietitian                                |                        |                                |
| Other                                    |                        |                                |
| Key worker                               |                        |                                |
| Adult unit team contacts                 |                        |                                |



### **Transition plan**

#### KNOWLEDGE (K)

- Describes condition, effects and prognosis 1.
- 2. Understands medication purpose and effects
- Understands treatment purposes and effects 3.
- Knows key team members and their roles 4.

#### SELF ADVOCACY (S)

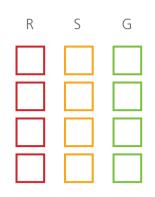
- Part/whole clinic appointment on their own 1.
- Knows how to make appointments/alter appointments 2.
- Understanding of confidentiality 3.
- Orders repeat prescriptions 4.
- Takes some/complete responsibility for medication/other treatment 5.
- Knows where to get help 6.

#### HEALTH AND LIFESTYLE (H)

- Understands importance of diet/exercise/dental care 1.
- Understands impact of smoking/alcohol/substance use 2.
- 3. Understands sexual health issues/pregnancy/STDs

#### ACTIVITIES OF DAILY LIVING (A)

- Self care/meal preparation 1.
- Independent travel/mobility 2.
- Trips/overnight stays away from home 3.
- 4. Benefits







### **Transition plan**

### (V) VOCATIONAL

- Current and future education/impact of condition on career plans 1.
- 2. School attendance and performance
- Work experience and how to access careers advice 3.
- Outside activities and interests 4.
- 5 Disclosure to school/employer

#### (P) PSYCHOSOCIAL

- Self esteem/self confidence 1.
- Body/self image 2.
- Peer relationships/bullying 3.
- Support networks/family/disclosure to friends 4.
- 5. Coping strategies

#### TRANSITION **(**T**)**

- Understands concept of transition 1.
- 2. Agrees transition plan
- 3. Attends transition clinic
- Visits adult unit (if appropriate) 4.
- Sees GP independently 5.

| Ready  | Date | Sign |
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| Steady | Date | Sign |
| Go     | Date | Sign |
|        |      |      |

### **Transition plan**





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nature

nature

Please tick and date when addressed, details to be recorded in free text section giving code eg K2, A3

| DATE | SECTION<br>NUMBER | PROGRESS NOTES/GOALS |
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