

Easy read

Ready
Steady Go
programme

NHS

Ready steady go

Information for patients, families and carers





Knowing that you have a long term condition can be worrying.



We have made the 'Ready Steady Go' programme to help support you.



Who is it for?

You, if you have a long term condition.



What is it?

A programme to help you gain knowledge and skills to manage your condition.



Why?

So you know how to deal with things and feel supported.



How?

Your team will help you:

- **manage** your condition
- **learn about** your treatment
- **gain the confidence** to ask questions and be involved in decisions about your care
- know when to get help and **who to contact** in an emergency
- **find out about** support networks available.



To find out more online visit:

www.uhs.nhs.uk/readysteadygo

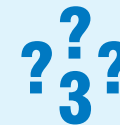
Ask 3 Questions

There may be choices to make about your healthcare. Make sure you get the answers to these three questions:*

What are my choices?

How do I get support to help me make a decision that is right for me?

What is good and bad about each choice?



Your healthcare team needs you to tell them what is important to you.

It's about shared decision making.

Note down any questions you have below:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MI_12267414_02.11.23_V_1

Review Date: 02.11.2026

© Dr Arvind Nagra. The Ready Steady Go™ materials were developed by the Transition Steering Group led by Dr Arvind Nagra, paediatric nephrologist and clinical lead for transitional care at Southampton Children's Hospital, University Hospital Southampton NHS Foundation Trust based on the work of: 1. S Whitehouse and MC Paone. Bridging the gap from youth to adulthood. Contemporary Pediatrics; 1998, December. 13-16. 2. Paone MC, Wigle M, Saewyc E. The ON TRAC model for transitional care of adolescents. Prog Transplant 2006;16:291-302 3. Janet E McDonagh et al, J Child Health Care 2006;10(1):22-42. Users are permitted to use 'Ready Steady Go™' and 'Hello to adult services™' materials in their original format purely for non-commercial purposes. No modifications or changes of any kind are allowed without permission of University Hospital Southampton NHS Foundation Trust. The following acknowledgement statement must be included in all publications which make reference to the use of these materials: "Ready Steady Go™ and 'Hello to adult services™' developed by the Transition Steering Group led by Dr Arvind Nagra, paediatric nephrologist and clinical lead for transitional care at Southampton Children's Hospital, University Hospital Southampton NHS Foundation Trust based on the work of: 1. S Whitehouse and MC Paone. Bridging the gap from youth to adulthood. Contemporary Pediatrics; 1998, December. 13-16. 2. Paone MC, Wigle M, Saewyc E. The ON TRAC model for transitional care of adolescents. Prog Transplant 2006;16:291-302 3. Janet E McDonagh et al, J Child Health Care 2006;10(1):22-42." Further information can be found at www.uhs.nhs.uk/readysteadygo ER May 2019