

Southend City Council People Scrutiny Committee

31 October 2023



EPUT Children's Specialist Health Services





Our young people's transition programme



Using the "Ready, Steady, Go" programme in Essex

- 'Ready Steady Go' is a programme designed to help young people with the transition to adult age services
- The programme is aimed at children and young people aged 11 years and over who have a long-term health condition and are likely to require ongoing support from adult services throughout their lifetime
- It helps young people and their families prepare, plan and move from children's to adult services

Essex services already using the programme

- ADHD and neurodisability pathway services
- Paediatric diabetes service
- Special school nursing and epilepsy service
- ASD pathway services are currently preparing to use the programme



The "Ready, Steady, Go" programme



https://youtu.be/30JMnQZz8nk



Implementing the programme

National and local drivers

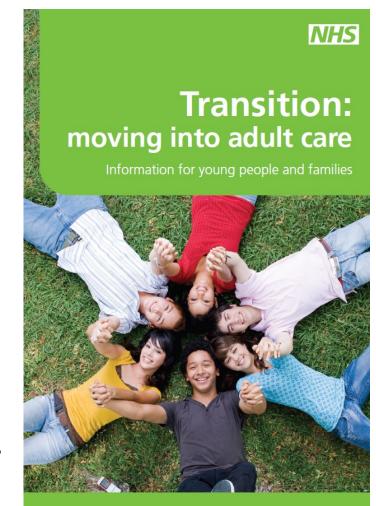
- NICE guidance NG43 implementing transitional care locally and nationally using the "Ready, Steady, Go" programme
- Requirement of the Health and Social Care Act 2012
- Led by Dr Arvind Nagra, Consultant Paediatric Nephrologist and Lead for Transition at Southampton Children's Hospital

Our aims and objectives

- With our partners, develop and implement an effective, generic transition programme for young people
- Deliver high quality transition support to improve young people's experience and ability to manage their healthcare independently

What the programme does

- Provides a purposeful, planned process for young people with chronic physical/medical conditions as they move from children's to adult services
- Helps reduce morbidity and mortality for young people moving to adult services





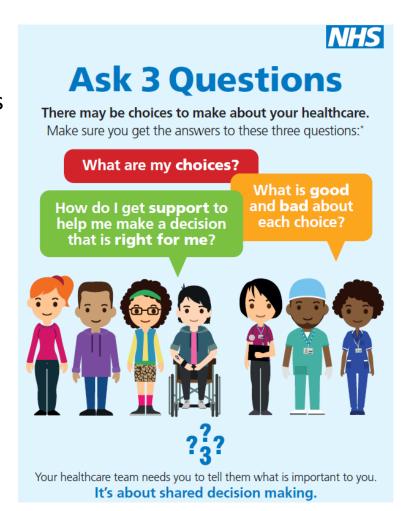
Empowering young people

Empowerment is key to the programme

 Empowering and equipping young people with the right skills and knowledge to manage their own healthcare confidently in both children's and adult services

A series of questionnaires supports the young person to work through the programme

- How to assess their knowledge of their condition and treatments and how this knowledge can empower them
- Supporting the ability to develop self-advocacy speaking up for themselves
- Reviewing educational and future life plans to help them achieve their potential
- Identifying any psychological issues





Making it happen

The "Ready" phase

At around 11-12 years of age

- At their next appointment, the young person completes the "Getting ready" questionnaire to establish what they need to move successfully from children's to adult services
 - Issues are addressed over the next one to two years
 - Progress and goals are documented in the young person's transition plan, held in their notes
- The young person's parent or carer completes a separate questionnaire
 - Uses the same format as the young person's questionnaire
 - Ensures the parent or carer is also supported through the process

Developing self-advocacy and ensuring success

- The young person is encouraged to start speaking up for themselves
 - Spends a few minutes of a consultation without their parent or carer present
- Parent and carer involvement is crucial to success
 - Healthcare professionals engage with parent or carer over any issues they raise in their questionnaire

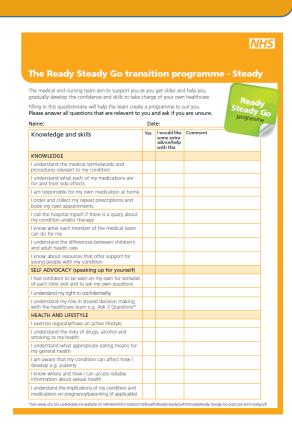


Making it happen

The "Steady" phase

At around 13 to 14 years of age

- The young person completes the "Steady" questionnaire which covers the topics in greater depth
- This stage also monitors progress on existing issues and ensures any new issues that arise are also identified and addressed
- Progress is set at an appropriate pace for the young person over the next two years, again with agreed targets and goal setting





Making it happen

The "Go" phase

At around 16 years of age

- This phase helps ensure the young person has all the skills and knowledge in place to move to adult services
- By the end of this stage, the young person should have the confidence and ability to manage their entire clinic consultation on their own
- Any new issues are highlighted
- Once again, goals are agreed and worked towards in preparation to move to adult services

Introducing the young person to adult services

- Introductions should be made at least a year before transition and earlier if possible
- The number of joint child/adult clinics will vary by individual
- Adult team including GP receives full summary of each case





Further sources of information

www.readysteadygo.net













www.eput.nhs.uk/ready-steady-go-transition-programme/

Ready Steady Go transition programme resources

