

Transition - Knowledge And Skills in Healthcare



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Me, My Life, My Family

Things I like doing, my dreams, my wishes, getting on with people at home.



My Culture, My Beliefs

How I live my life through things like; my language and religion, the food I eat, clothes I wear and music I like.



Growing Up Wise

Opening a bank account, managing money on a budget, planning my time, knowing where to go for more information.



Keeping Safe

Telling someone if I'm being bullied, being safe online and looking after myself when I'm out with friends.



Fun and Leisure

Going out with my friends, doing things I like, having a laugh.



My Emotions

Looking after my emotions, knowing who to talk to and where I can go for help.



Speaking Up for Myself, Making Decisions

Asking my own questions, seeing healthcare staff on my own, understanding my rights and responsibilities, making my own decisions.



Health, Relationships and Lifestyle

Healthy eating, exercise, shopping, cooking, getting around safely, relationship education including what is safe to do in a relationship.



Knowing about My Medical Condition/s

Being able to talk about my condition/s, describe how it effects my body, knowing why I take medication and what it does.



Genetics and Me

Understanding my genetics and how genes are passed on.



Transfer into Adult Services

Planning and preparing for big changes in my routine, including transferring into adult services and taking more responsibility for myself.



Planning My Future

Becoming more independent, getting a good education, volunteering, finding work, developing life skills, having the best life possible.