**Step three: Are you ready for detox?**

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| **‘Are You Ready?’ Update Form – for completion 7 days before you go**  |
| **Information update check** | **Comments** |
| How will you be getting to your detox? |  |
| Do you know what to expect whilst you are at your detox? |  |
| Is there anything worrying you about going into your detox? |  |
| Have you increased or decreased your drug/alcohol use since you were assessed for your inpatient detox? |  |
| Have your social circumstances changed since you were assessed for your inpatient detox? |  |
| Have you noticed any changes to your physical health since you were assessed for your inpatient detox? |  |
| Have you noticed any changes to your mental health since you were assessed for your inpatient detox? |  |
| Are the emergency contacts details we have in case we need to call someone for you correct? |  |
| Are you clear about your exit plan, does it still reflect your current circumstances? |  |
| **Staff member’s name:**  |
| **Your name:**  |
| **Date:** |

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