****

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

|  |
| --- |
| **‘Are you ready?’ update form – for completion seven 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? |  |
| Do we have the correct emergency contacts details have, in case we need to call someone for you? |  |
| Are you clear about your exit plan? Does it still reflect your current circumstances? |  |
| **Staff member’s name:**  |
| **Your name:**  |
| **Date:** |

#