

ORT Recovery Plan - Preparation Sheet

1. When is a good time for you to start an ORT detox? What are the best conditions for you to successfully do your whole detox? Write your answers below in preparation for talking with your prescriber.

2. How long or short do you want the detox to be? How do you imagine you could get from the amount you are on now to zero? Write below the steps and stages of the detox that you might prefer and talk it through with your prescriber when you are reviewing your prescription.

3. What changes do you have to make in order to detox? What support do you have now and what extra support might make a big difference? Write it below and think about adding this into your ORT recovery plans.

4. What back up do you need if it starts to go wrong? Write below what you feel needs to be in place as insurance against slips.

5. What are key recovery milestones for you and how might you celebrate achieving them? Write below ideas for safe celebration when you meet some of the key stages in your recovery from ORT.