

Information for GPs

In-Home Withdrawal Service



A clinically supported, home-based detox program for patients with alcohol and/or other drug dependence. Delivered in the comfort and privacy of the individual's own home, the service offers comprehensive, compassionate care before, during, and after withdrawal.

Why refer into this program?

Accessing detox services can be challenging due to cost, waitlists, and limited availability. Our home-based model offers a safe, timely, and cost-effective alternative for individuals living in Adelaide's northern, eastern, and western metropolitan regions.

Care is delivered by a multidisciplinary team of AOD nurses, counsellors, and peer practitioners, who bring together clinical expertise and lived experience for a non-judgemental, person-centred approach.

Program structure

1. Assessment

- Phone-based pre-assessment screening is completed to confirm initial eligibility.
- Intake and home risk assessment is completed to identify the appropriate care pathway, based on the individual's needs.
- An in-person appointment takes place with the GP, patient, and AOD nurse to develop a treatment plan, informed by the intake assessment. This may include the prescription of medication, guided by evidence-based protocols or your clinical recommendations.

2. Withdrawal (5-days)

- Daily check-ins and monitoring are provided by an experienced AOD nurse.
- GP reviews (in-person or via Telehealth) are completed once or twice during the withdrawal period, as determined by patient's needs.
- Peer support and counselling are available throughout.

3. After-Care (6 sessions)

- Counselling and peer support is provided to strengthen recovery and reduce relapse risk.
- A follow-up GP appointment is arranged for the patient to attend independently to address any ongoing health conditions. A post-withdrawal report is provided to you by our team.
- Support and care coordination is provided to access additional relapse prevention groups and if needed, warm referrals to longer-term counselling services.

Keeping you informed

We encourage individuals to maintain an ongoing therapeutic relationship with their GP, and can help patients find a regular GP if they don't already have one.

We keep you updated throughout your patient's recovery. Once the patient has successfully completed detox, a post-withdrawal report is provided.

Eligibility

To be eligible for the program, patients must:

- Have low to moderate risk of developing complex withdrawal symptoms;
- Live in: Playford, Salisbury, Tea Tree Gully, Adelaide, Unley, Burnside, Campbelltown, Charles Sturt, Norwood Payneham & St Peters, Burnside, Campbelltown, Prospect, Walkerville, West Torrens, or Port Adelaide Enfield;
- Be aged 12 years or over;
- Have suitable accommodation and a support person that can stay with them for the withdrawal period.

Referral information

To refer a patient into the In-Home Withdrawal Service, visit our website and complete our online referral form.

To discuss your referral, contact our team on **(08) 8209 0700** or email **info@sonder.net.au**.



Go to sonder.net.au/in-home-withdrawal-service to learn more.