

What are the Clinical Care Standards?

Alcohol and Other Drug (AOD) Treatment Clinical Care Standards tell you what to expect at different stages in your treatment journey when you're seeking help for a drug or alcohol problem.

Who are they for?

People in treatment:

They help you understand what to expect with your treatment so you can make informed choices about your care.

People who help you:

They help workers and services to provide high-quality AOD treatment as part of your care program.

The Standards:

- ▶ 1. Intake
- ▶ 2. Assessment
- ▶ 3. Care Planning
- ▶ 4. Risk Monitoring
- ▶ 5. Outcomes
- ▶ 6. Transfer of Care

'Come with ideas about what you want to change.'

– John



What the Standard says:

'A Care Plan is a document that identifies and records the client's short-to medium-term goals about substance use, health and welfare.

The Care Plan can also be used to improve communication with the range of service providers and carers involved in client care. It outlines treatment goals, actions and the person(s) responsible for completing the planned actions and review dates.'

We acknowledge the traditional custodians of the lands that we live and work on and pay our respects to elders past and present.

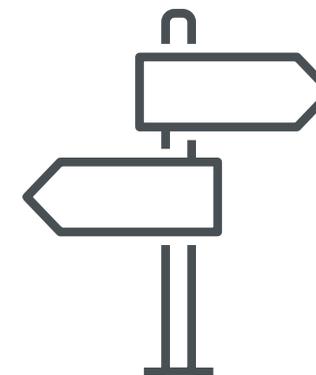
Check out more online:

www.yourroom.health.nsw.gov.au



October 2025 © NSW Ministry of Health.
SHPN (CAOD) 241161.

Alcohol and Drug Treatment Clinical Care Standards



Care Planning

Making plans



Experiences of Care Planning

Care Planning is...

when you and your AOD worker develop a plan to help you achieve your goals.

Your goals will relate to your substance use and other aspects of your life you want help with during your treatment.

What can I expect?

You and your worker will work together to develop a Care Plan.

The plan will outline your needs, the goals you want to reach, and the steps you will need to take to achieve those goals.

Your worker can help you set goals and identify how to achieve them. You don't need to work them out on your own.

The Care Plan may include a broad range of areas that relate to your health and wellbeing, such as improving your health and social networks, obtaining housing or education, or getting involved in meaningful activities.

'You're there because you want help.'
– Dimitri

'With a Care Plan, you've got something to work towards.'
– Sarah



'Use your voice – it's so important.'
– Frannie

Preparing for Care Planning

Having a Care Plan can really help you be successful in your treatment. Start small and set goals and actions that are achievable. The Care Plan will help you see your success.

If you are unsure of your goals, talk about them with your AOD worker – they can give you ideas.

Ask questions such as: What might work for me? What have others done? Are there other options to consider?

Be hopeful and open to ideas. It's okay to say no if you don't agree with your worker's suggestions.

If you don't have a Care Plan, ask your service provider how to get one.

Thanks to Curtis, Sarah, Dimitri, Ben, John, Frannie, Liane and the other members of the ***Lived and Living Experience Working Group*** for partnering with us on this project.

What happens next?

Your Care Plan is a guide for your treatment. It will be updated as actions and goals are completed or adjusted.

New goals and actions can be added to your Care Plan as you progress through your treatment and as things change.

You will be offered a copy of your Care Plan.

Remember!

- ▶ You have the right to expect good treatment that meets your needs.
- ▶ Peer workers are on hand at some service providers – they can tell you first-hand about their experiences of treatment.
- ▶ Don't be worried about saying your circumstances have changed or that things are not working out as planned.