



# **NHS Borders Family Support Leaflet: When your loved one enters residential rehabilitation**

**We can also give you this information in other languages and formats (such as large print, audio and Braille). Please contact Alcohol & Drugs Partnership on 01835 825900**

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## **What is Residential Rehabilitation?**

Residential Rehabilitation (RR) is a structured, supportive environment where individuals work on recovery from alcohol or drug use. Your loved one will stay at the service for a set period of time.

Rehabilitation often takes place after detoxification, it focuses on health, wellbeing, and building skills for life by following a daily routine that includes therapy, group work, and peer support.

Detoxification, if required, often takes place at the beginning of a residential rehabilitation stay and involves helping your loved one to reduce their physical dependence on alcohol or drugs. At the start, contact may be limited to help them settle in, but this will be explained by the service.

Detoxification may take place in the residential rehab or may occur locally immediately before residential rehab.

## **What Does This Mean for You?**

As someone who has cared for someone experiencing difficulties with alcohol or drugs, it may feel strange at first as your routine changes.

You might have questions about what happens, how they will be supported, and what your role will be. This may offer a period of respite or reprieve from the demands of a complicated life. This is an important time to focus on your own wellbeing, and to explore different ways of coping or responding to your loved one.

This leaflet is here to reassure you that support is available for you too. Recovery is not just about the person attending rehab, it's a journey for families as well.

## **How Can You Support Them?**

The most helpful thing you can do is stay informed and keep communication open. The rehab team will explain visiting arrangements and how updates can be shared, with your loved one's consent.

Encouraging words and reassurance can make a real difference.

You might also be able to help practically too, for example, collecting your loved one or being involved in discussions about who they live with or where they live afterwards.

## **Support for Families**

You do not have to manage this alone and it's important to look after yourself during this time. There are services and groups that can support you emotionally and practically.

Some rehab providers have family support groups that you might consider being involved in.

Out with Residential Rehab, family support groups are available where you can meet others who understand what you are going through. One-to-one support is also offered if you prefer to speak privately. There may also be information sessions to help you learn more about addiction, recovery, and coping strategies. These services are here for you as much as for your loved one.

WithYou Family Support Worker:  
Freephone 0800 028 6664

Scottish Families Affected by Drugs & Alcohol:  
Phone: 08080 10 10 11 [www.sfad.org.uk](http://www.sfad.org.uk)

## **What happens after Residential rehab?**

After rehab, your loved one will be offered ongoing support from the rehab worker within WithYou. This can include help with housing, benefits, accessing community services, and getting connected with recovery groups such as Borders in Recovery, SMART meetings, and other local peer-support options. Support is available for you too.

You can read more about this here:

[With you](#)

[Borders in Recovery](#)

[Smart recovery](#)

[Narcotics Anonymous](#)

[Alcoholics anonymous](#)