

# National Organizations

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## **SIBLING LEADERSHIP NETWORK**

- To provide siblings of individuals with disabilities the information, support, and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families.

## **THE CENTER FOR SIBLINGS OF PEOPLE WITH DISABILITIES**

- Our mission is to help siblings of people with disabilities feel seen, supported, and empowered -- with a focus on providing early intervention for young siblings

## **SIBSHOPS – SIBLING SUPPORT PROJECT**

- The first national program dedicated to recognizing, promoting and addressing the life-long and ever-changing concerns of millions of siblings of people with developmental, health, and mental health concerns.

## **SIBSHOPS - SIBLING SUPPORT PROJECT**

- Find a local Sibshop near you!
- Opportunity for sibs to meet other sibs (usually for the first time), have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs.

## **SIBLING TRANSFORMATION PROJECT**

- The Sibling Transformation Project is an anti-ableist organization of siblings of disabled people, grounded in anti-oppression and collective liberation

## **SIBLING BLUEPRINT:**

*Based on these providers interviews, we've developed this site as a kind of "blueprint" for siblings of children with cancer services.*

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## **TIMELINE FOR SERVICES | SIBLING BLUEPRINT**

Sibling Timeline provides suggestions for the kinds of psychosocial risk screening, assessment, and support services that siblings might receive.

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## **MATCHING SIBLING RISK AND SUPPORT | SIBLING BLUEPRINT**

Identifying a sibling's psychosocial risk level can help ensure that they are matched to the appropriate supportive services for their needs.

# Sibling Resources

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## **JUST SIBS | A PLACE JUST FOR TEENS WHOSE BROTHER OR SISTER HAS AN ILLNESS OR INJURY**

- JustSibs (formerly named SibSpace) is designed to help you navigate being a sibling. Interactive activities and resources.

## **SIBLINGS - COPING SPACE**

- Resource page via Cases for Smiles regarding sibling coping strategies, information, and more

## **SIBSTALK OHIOSIBS**

- Join us for SIB Talks. The venue is virtual, so it is easy to join from wherever you are. A variety of topics are explored. The atmosphere is casual among siblings, family members, friends, and people that support developmentally disabled people.

## **SIBLING ADVOCACY - OHIOSIBS**

- Resources for how to advocate for you sibling with support needs in different phases of life

## **SIBLINGS WITH A MISSION**

- An international organization dedicated to support siblings who have brothers or sisters with complex health conditions. We serve both siblings and sibling supporters (parents, grandparents, friends, health care providers, professionals, etc.)

## **FACEBOOK**

*This is a safe and supportive space dedicated to siblings who have a brother or sister with a disability. Whether you're seeking advice, sharing experiences, or simply looking for understanding and connection, you're in the right place.*

## **ADULT/ALL**

- SibNet
  - Connecting adult siblings of people with support needs
- SibsNY
  - Connecting the brothers and sisters of people with developmental disabilities throughout New York

## **TEEN/YOUNG ADULT**

- Sibs20
  - Twenty-something sibs of people with disabilities. It's sibling support from a young adult perspective.
- SibsTeen
  - Connecting adult siblings of people with support needs

# Podcasts

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## **“CONSTANT CHAOS”**

- Rachel and Christie, hosts of [Constant Chaos](#), know that raising kids is hard enough, and that adding developmental and learning differences into the mix can create what feels like constant chaos.

## **SIBLING SUPPORT ON THE BETTER BEHAVIOR SHOW WITH DR. NICOLE BEURKEN**

- Dr. Beurkens has dedicated her 22+ year career to providing parents with simple, effective, research-based strategies that get to the root of children’s attention, anxiety, mood, and behavior challenges so they can reach their highest potential.

## **“ONCE UPON A GENE” SIBLINGS EDITION**

- On the topic of siblings again this week, we'll be talking about the sibling perspective and the support available with Emily Holl, the Director of the Sibling Support Project

## **“LIVE FROM SIBSHOPS!” PODCAST FROM “A PIECE OF HOPE”**

- "A Piece of Hope" podcast episode presented by Appleseeds Behavioral Center. In today's episode we continue our sibling series as host Emma is live in Florida from one of the nation's SibShops workshops!

## **WEBINARS**

### **SUPPORTING GLASS CHILDREN**

Meet Alicia Maples from the 2010 [@TEDxSanAntonio](#) talk "Recognizing Glass Children" and Emily Holl from [@siblingsupportproject1067](#), learn about "glass children," and consider the importance of seeing and supporting siblings of people with disabilities

### **WEBINAR: SIBSHOPS**

Lauren Bolander is a Habilitation Field Supervisor for Arizona Autism United. She is a certified Sibshops facilitator, working with adolescent siblings of children with autism and other disabilities.

### **COMMUNITY WEBINAR: SUPPORTING SIBLINGS OF INDIVIDUALS WITH DUCHENNE**

Presentation and discussion on support for siblings of individuals with Duchenne, as well as managing jealousy, grief, and more while in a space of children who develop without Duchenne.

# Future Planning

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## **FUTURE PLANNING - SIBLING LEADERSHIP NETWORK**

- Resource page for adult siblings regarding future planning: webinars, articles, toolkits

## **FUTURE PLANNING 101 | THE ARC'S CENTER FOR FUTURE PLANNING**

- Learn more about future planning, build a plan, find a professional, and get urgent help

## **FUTURE PLANNING FOR SIBLINGS OF PEOPLE WITH DISABILITIES - SLN**

- The website provides reliable information and practical assistance to families and individuals with I/DD on areas such as person-centered planning, decision-making, housing options, financial planning, establishing daily activities, and making social connections.

## **ADULT SIBLING OF PEOPLE WITH DS TOOLKIT**

- Adult siblings, who want to be involved in their brother or sister's life, but are not familiar with the details involved, can use this toolkit to have discussions with their parents, and learn how to be an effective advocate, friend and perhaps, caregiver for their sibling after their parents are no longer able.

## **FUTURE CENTERED**

*We are a team of enthusiastic, creative professionals who partner with you and your team to build, grow, and sustain the life you want to live.*

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## **BUILDING THE TEAM**

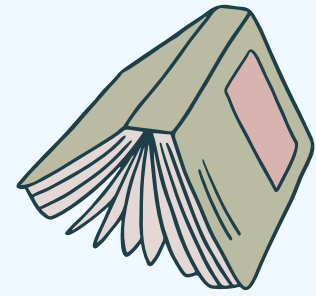
The aim is to establish this team early so families can benefit from it immediately. This involves identifying existing supports, involving family and friends, and recruiting a diverse range of professionals such as life and job coaches, therapists, medical professionals, nutritionists, financial planners, and attorneys.

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## **FUTURE PLANNING**

We assist the family in navigating future planning steps by connecting them with experts in legal, financial, benefits, housing, and advance care planning domains.

# Books: Children/Teens



**"Oh Brother! Growing Up with a Special Needs Sibling"** by Natalie Hale

**"Views from our Shoes: Growing Up with a Brother or Sister with Special Needs"** by Donald Meyer

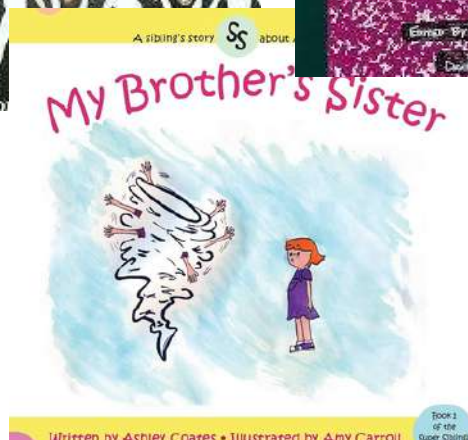
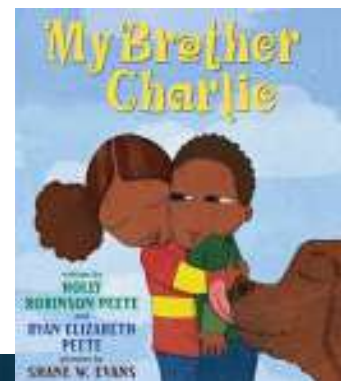
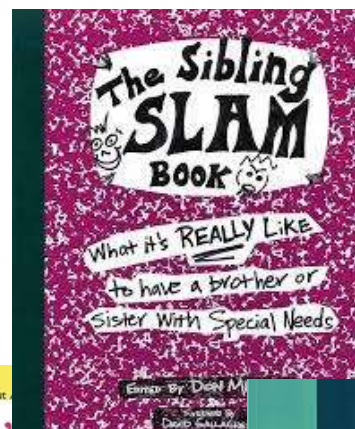
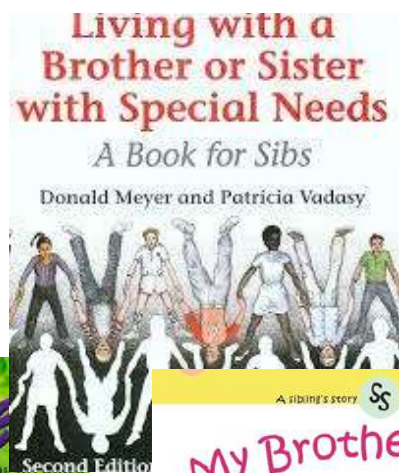
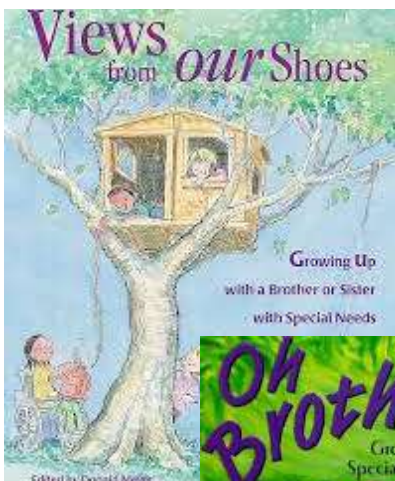
**"Living with a Brother or Sister with Special Needs: A Book for Sibs"** by Donald Meyer and Patricia Vadasy

**"My Brother's Sister"** by Ashley Coates

**"My Brother Charlie"** by Holly Robinson Peete, Ryan Peete, Denene Millner

**"The Sibling Slam Book: What It's Really Like To Have A Brother Or Sister With Special Needs"** by Don Meyer

**"My Special Needs Family"** by Claudia Harrington





# Books: Young Adult/Adult



**"Rules"** by Cynthia Lord (Fiction)

**"Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs"**  
by Kate Strohm

**"The Other Kid"** by Lorraine Donlon

**"Special Siblings: Growing Up with Someone with a Disability,. Revised Edition"** by  
Mary McHugh

**"Special Brothers and Sisters: Stories and Tips for Siblings of Children with Special Needs, Disability or Serious Illness"** by Annette Hames and Monica McCaffrey

**"The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults With Disabilities"** by Don Meyer and Emily Holl

**"Why Siblings Matter: The Role of Brother and Sister Relationships in Development and Well-Being (Essays in Developmental Psychology)"** by Naomi White and Claire Hughes

