



SiblingResources

Disability Service Provider Webinar: Engaging and Supporting Siblings of People with DD

**Presented by Katie Arnold of the Sibling Leadership Network
In collaboration with:**



**Developmental
Disabilities
Planning Council**



Cornell University





SiblingResources

SiblingResources.org has been launched through an exciting collaboration between Yang-Tan Institute of Cornell University, The Sibling Leadership Network, and SibsNY. Through a grant from NYSDDPC, we are building the community for adult siblings of individuals with disabilities in NY. Please visit this website to learn more.



Developmental
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Overview



- Sibling Experiences
- Sibling Leadership Network (SLN)
- sibsNY – New York State sibling chapter
- Ways professionals can engage siblings
- Resource for Supporting Siblings

Katie's Siblings





Sibling Experience



Patrice & Bobby



Typical Sibling Feelings



Identity







The Sibling Relationship

- Siblings have longest relationship
- Sibling experiences are often overlooked
- Siblings have a peer perspective



Research Outcomes for Siblings

- Good health, low depression, high rewards (Hodapp & Urbano, 2007)
- Greater pessimism, distress, and demands compared to parents (Griffiths & Unger, 1994)
- When siblings are more involved, mothers benefit (Seltzer, Begun, Seltzer, & Krauss, 1991)
- Siblings of people with Down syndrome have more positive outcomes compared to siblings of people with autism (Hodapp & Urbano, 2007; Orsmond & Seltzer, 2007)



Siblings juggle caregiving roles: The “Club Sandwich” Generation



Aging Parents

Siblings with Disabilities

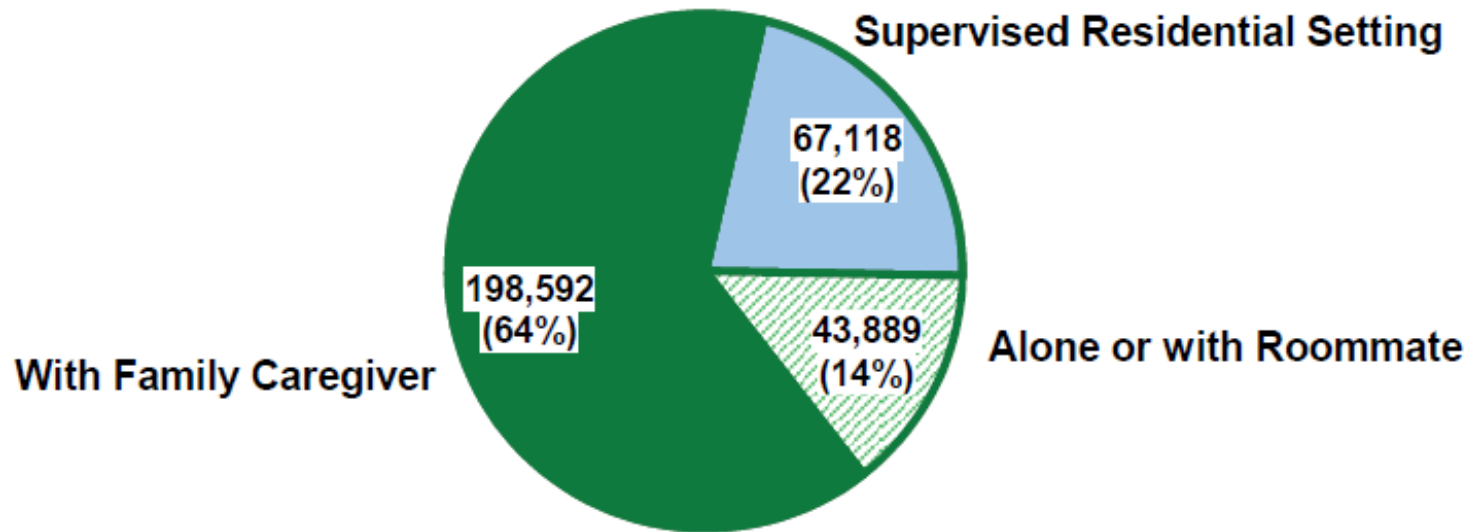
Children



64% of Individuals with I/DD in NY live with Family Caregivers

NEW YORK

ESTIMATED NUMBER OF INDIVIDUALS WITH I/DD BY LIVING ARRANGEMENT: FY 2013

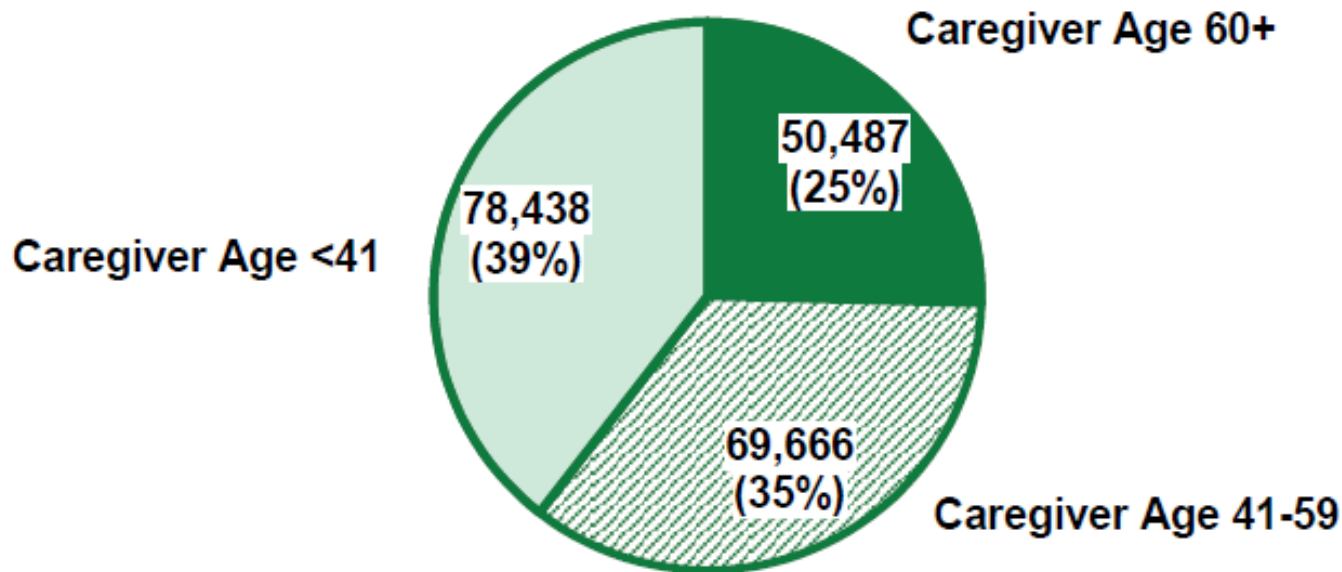


TOTAL: 309,599 PERSONS

Braddock et al. 2014, based on Fujiura 2008, 2012

Aging Family Caregivers

ESTIMATED NUMBER OF INDIVIDUALS WITH I/DD BY AGE GROUP LIVING WITH FAMILY CAREGIVERS: FY 2013

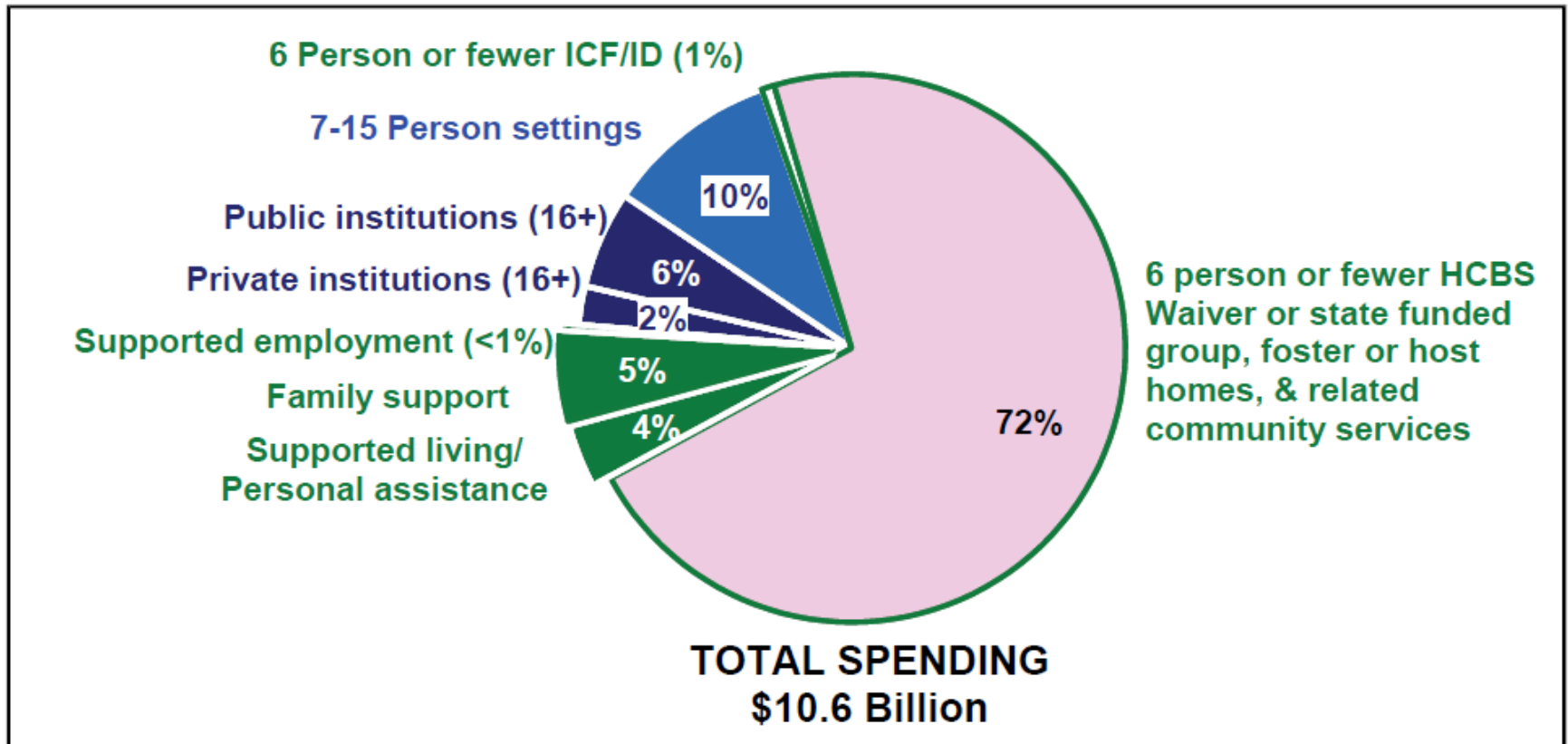


TOTAL: 198,592 PERSONS

Braddock et al. 2014, based on Fujiura 2008, 2012

5% of spending goes to Family Support

**SUPPORTED LIVING, FAMILY SUPPORT, AND SUPPORTED EMPLOYMENT
AS A PERCENTAGE OF TOTAL SPENDING: FY 2013**



What do you currently do to
support siblings
across the lifespan
at different ages and life
stages?



Mission

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.

SIBLING 
LEADERSHIP
NETWORK



Research

**Policy &
Advocacy**

**Support &
Information**



Save the Date!

SIBLING 
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NETWORK

2017 National Conference

June 24 & 25
Hartford, Connecticut



For updates on details: siblingleadership.org



SLN Chapters



Ohio SIBS





- sibsNY is a volunteer organization dedicated to providing the siblings of individuals with intellectual, developmental and learning disabilities with information and support.

<https://www.meetup.com/sibsNY/>
sibsny.org

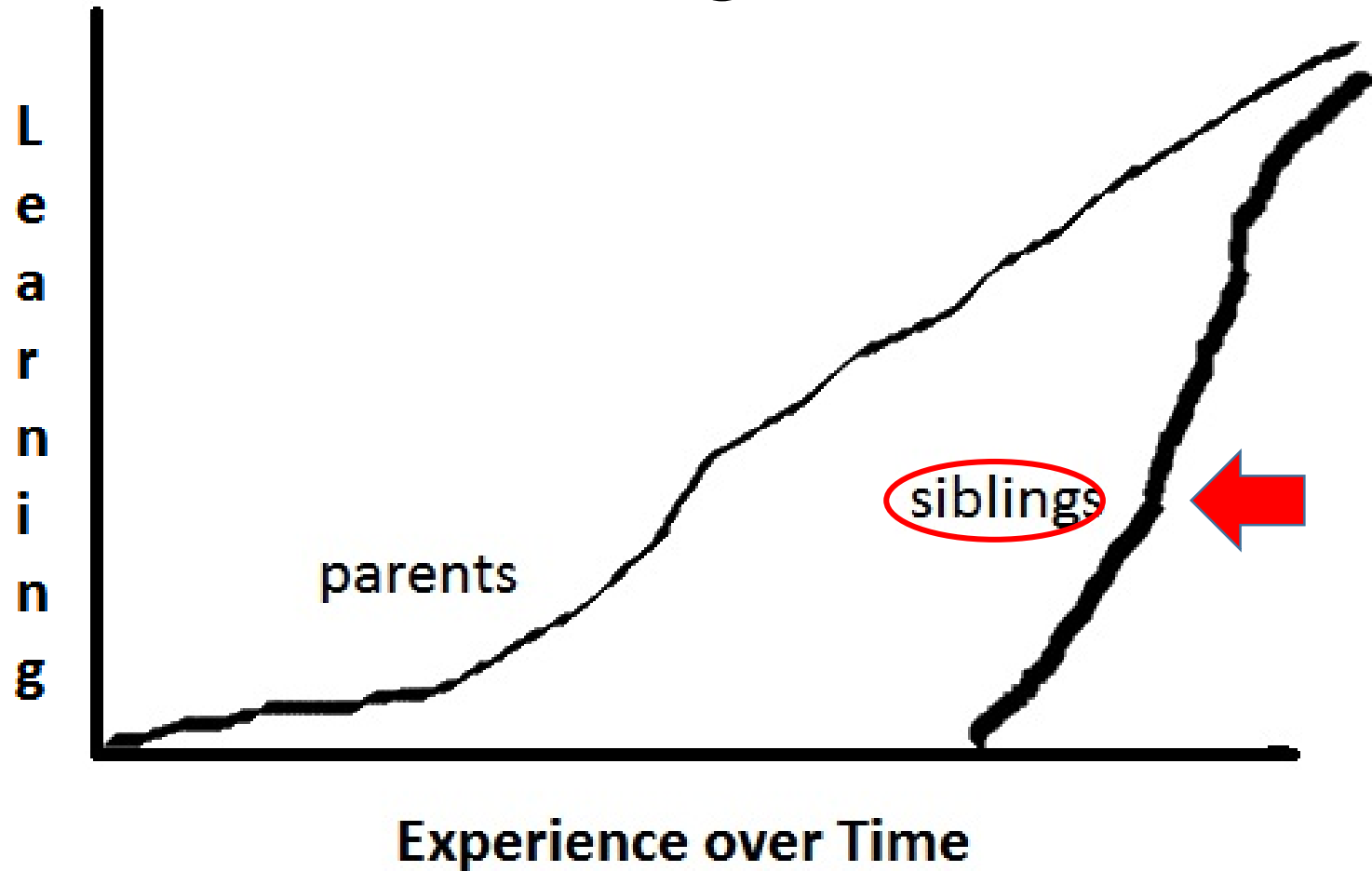
Sibling Connections



Role Models



Learning Curve





Future Planning



Katie's Parents



Decision-Making Supports



Sibling Identity



Transitioning from parents to sibs



Tip #1: Don't expect sibling to be just like parents



Tip #2: Be patient with family dynamics



Tip #3: Anticipate growing pains when interacting with siblings



Tip #4: Actively reach out to siblings





SiblingResources.org



NEW YORK
STATE OF
OPPORTUNITY.

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Sibsny.org



Siblingship.org

Resources for Siblings

SiblingSupportProject


Log in

*Our brothers,
our sisters,
ourselves...*



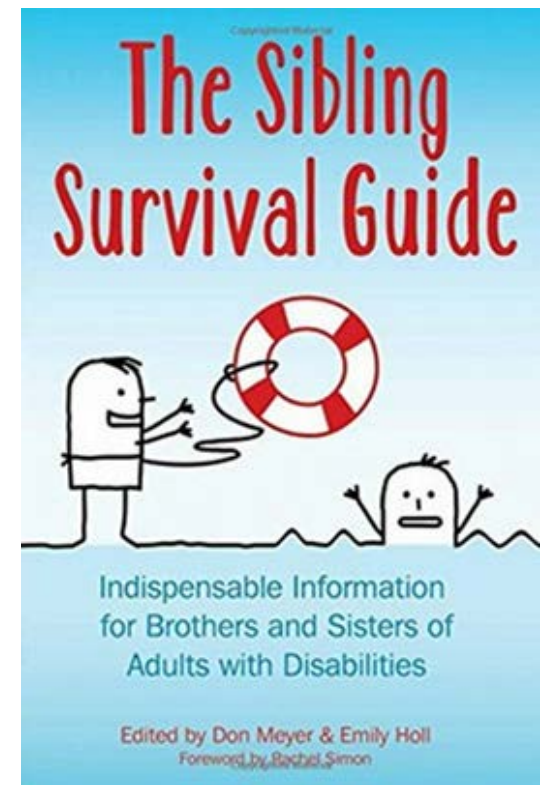
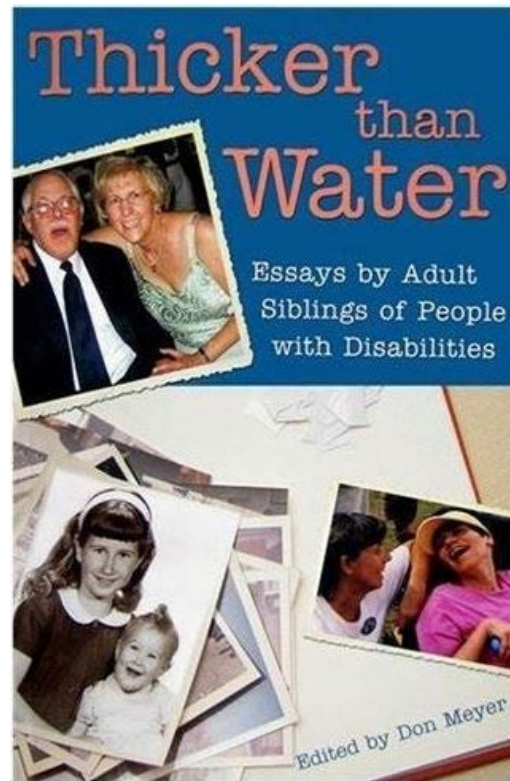
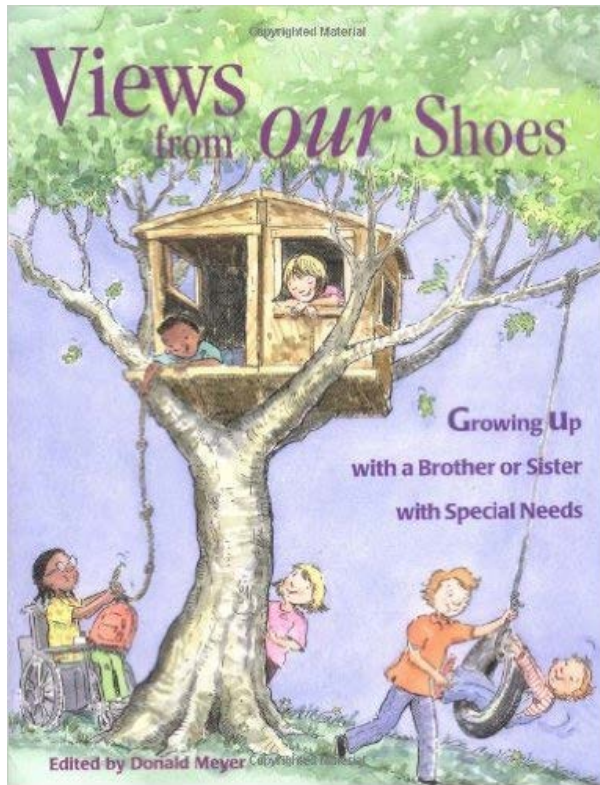
www.Siblingsupport.org



SibTeen: for teenagers
Sib20: for sibs in their 20s
 **SibNet** for adult sibs



Books written by and for siblings



<http://astore.amazon.com/thesibsuppro-20>

Respite and other Resources



What can you do?

- Continue to learn about siblings
- Create programs that support siblings
- Share information and resources
- Invest in siblings



Share these opportunities with siblings

Webinars:

- Future Planning Webinar *for Adult Siblings:*
Jan 26, 7-8pm ET

Sibchats:

- February 7, 7-8pm ET Topic: Future planning
- March 12, 7-8pm ET Topic: Sibling support and advocacy
- May 10, 7-8pm ET Topic: Navigating the system

Register for FREE at siblingresources.org



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