



# Supporting Siblings: Resources for Siblings of People with Disabilities



Siblings of people with disabilities experience various support needs throughout the lifespan. Better outcomes for siblings can lead to better outcomes for their brothers and sisters with disabilities, and all family members. It is important to start early and provide supports to young siblings. As they age, siblings may take on greater support roles and need more information. There are resources, networks and supports for siblings and their families in Pennsylvania throughout the lifespan!

## Resources for Siblings of Individuals with Disabilities



**Pennsylvania Sibling Support Network:** [www.passn.org](http://www.passn.org)

PSSN works to unite and support siblings with their brothers and sisters who have mental, physical and intellectual disabilities. PSSN holds a monthly support group which helps families express their concerns with the disability community. Through a team approach to advocacy, PSSN is building a culture of siblings that are better informed to help their families.



**Sibling Leadership Network:** [www.siblingleadership.org](http://www.siblingleadership.org)

The Sibling Leadership Network (SLN) provides 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 Support Project:** [www.siblingsupport.org](http://www.siblingsupport.org)

The Sibling Support Project is a national effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns.

**Connect with Siblings Online:** There are a number of online, interactive closed communities for siblings at different ages to connect with each other for information and peer support. Hosted by The Sibling Support Project, these groups serve as a front-line resource for sibs, by sibs! Siblings can look on Facebook to request to be added to a group.



- ❖ SibTeen—for sibs who are teenagers <https://www.facebook.com/groups/SibNet/>
- ❖ Sib20—for siblings in their 20s <https://www.facebook.com/groups/Sib20/>
- ❖ SibNet—for adult siblings <https://www.facebook.com/groups/SibTeen/>

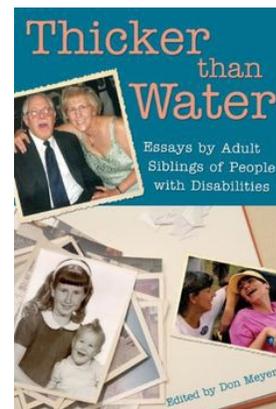
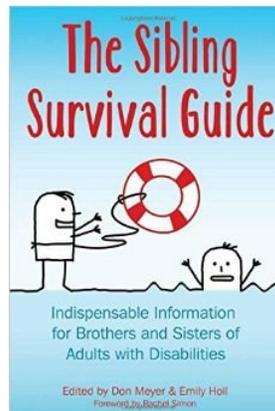
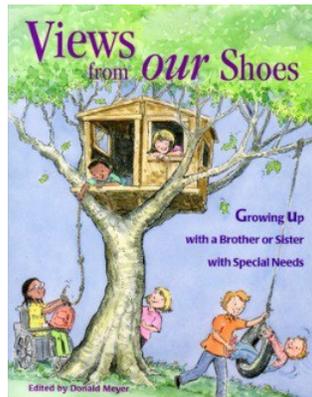
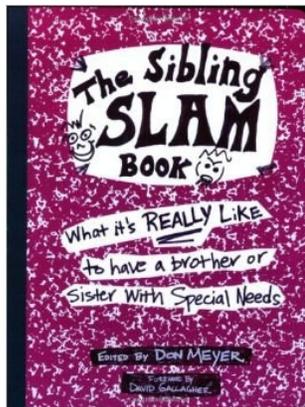


**Sibshops** are pedal-to-the-metal events where school-age brothers and sisters meet other sibs (usually for the first time), have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play some great games, learn something about the services their brothers and sister receive, and have some more fun.

To find a Sibshop near you, visit: [www.siblingsupport.org/about-sibshops/find-a-sibshop-near-you](http://www.siblingsupport.org/about-sibshops/find-a-sibshop-near-you)

## Books for siblings of all ages:

There are lots of great books for siblings of all ages—check out the Sibling Support Project's Amazon Astore: <http://astore.amazon.com/thesibsuppro-20>. Here are a few good books for siblings:



## Disability Resources in Pennsylvania:

Pennsylvania Developmental Disabilities Council: [www.paddc.org](http://www.paddc.org)

The Council engages in advocacy, systems change and capacity building for people with developmental disabilities and their families.

Institute on Disabilities at Temple University: [www.temple.edu/instituteondisabilities](http://www.temple.edu/instituteondisabilities)

The Institute on Disabilities at Temple University learns from and works with people with disabilities and their families in diverse communities across Pennsylvania to create and share knowledge, change systems, and promote self-determined lives so that disability is recognized as a natural part of the human experience.

The Arc of PA: [www.thearca.org](http://www.thearca.org)

The Arc of Pennsylvania promotes the human rights of people with intellectual and developmental disabilities and supports their full inclusion and participation in the community throughout their lifetimes.

The PEAL Center: <http://pealcenter.org/>

The mission of the PEAL Center is to ensure that children, youth, and adults with disabilities and special health care needs lead rich, active lives and participate as full members of their schools and communities by providing training, information, parent leadership, and technical assistance based on best practices to individuals and families and all people who support them.



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