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Sibling Resources for Children and Teens

[Sibshops](#) provide young brothers and sisters with peer support and information in a lively, recreational setting. Sibshops are lively, pedal-to-the-metal events where they will:

- **Meet** other sibs (usually for the first time)
- **Talk** about the good and not-so-good parts of having a sib with special needs with others who “get it”
- **Play** some great games
- **Explore** how other brother and sisters handle sticky situations sometimes faced by brothers and sisters
- **Learn** about the services their brothers and sister receive
- [Frequently Asked Questions](#) about Sibshops.
- [Find a Sibshop near you](#)



[Sibteen](#) is a place where teenage sibs of people with disabilities can connect with others who get it. It’s a fun and thoughtful group where members share unique concerns, joys, frustrations, and information with others who truly understand!

[SibTeen on Facebook for teen siblings](#)

[The Sibling Slam Book: What It’s Really Like to Have a Brother or Sister with Special Needs by Don Meyer](#)

[Views From Our Shoes: Growing Up with a Brother or Sister with Special Needs by Don Meyer](#)

[10 Great Books if You Have a Sibling with Special Needs](#)

Resources for Adult Siblings

[The Sibling Leadership Network \(SLN\)](#) is a national nonprofit organization that 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.

[SibNet on Facebook](#) is an interactive, closed group of adult siblings of people who have disabilities. SibNet siblings share concerns, challenges, joys, insights, information, resources, and strategies.

[Sib20 on Facebook for siblings in their 20’s](#)

[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.

[The Arc's Center for Future Planning](#) supports and encourages adults with intellectual and developmental disabilities (I/DD) and their families to plan for the future. The website provides reliable information and 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.

[The Sibling Advocacy Toolkit](#) is designed to make use of siblings' unique roles for advocacy policy. Aimed at providing siblings with useful information, strategies and tools, this toolkit demonstrates that advocacy consists of multiple layers from connecting with other siblings to visiting with legislators.

[Quality Mall – Sibling Department](#) provides free information about person-centered supports for people with intellectual/developmental disabilities. Each of the Mall stores has departments you can look through to learn about positive practices that help people with intellectual/developmental disabilities live, work and participate in our communities and improve the quality of their supports. The Sibling Department has resources specific to siblings of people with disabilities and is especially useful for siblings.

[The Family Support Research and Training Center](#) is a collaboration of researchers and organizations who are focused on synthesizing and generating knowledge about the needs and experiences of families who provide support to children and adults with disabilities across the life course.

[Sibling Experiences](#): Learn more about the sibling experience from the voices of adult siblings

[Liz's Sibling Stance](#): Learn more about the sibling experience from a self-advocate

[Frequently Asked Questions Regarding the Family Medical Leave Act and Siblings](#)

[Affordable Care Act Implementation Webinar](#)

[Medicaid Regulation Changes](#)

[The Sibling Survival Guide: Indispensable Information for Brother and Sisters of Adults with Disabilities](#) edited by Don Meyer & Emily Holl

[Thicker Than Water by Don Meyer](#)

[Riding the Bus with My Sister by Rachel Simon](#)

[The Arc Sibling Hub](#). The Arc recognizes that siblings play an important role in the lives of their brother or sister with IDD. It is crucial that siblings are supported to be the best advocate they can be. To achieve this goal, they must have access to information and resources to help them make informed decisions – whatever their involvement.

Resources for Parents/Caregivers

[The Arc's Center for Future Planning](#) supports and encourages adults with intellectual and developmental disabilities (I/DD) and their families to plan for the future. The website provides reliable information and 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.

Resources for Providers

Also reference the other sections of this resource listing

[When A Sibling Is Disabled](#) article on PsychCentral

[Supporting Siblings Pamphlet](#) This informational guide was written by Emily Rubin and published by the Massachusetts Developmental Disabilities Network.

Resources for Adult Siblings, Parents, Advocates, and Providers

[Impact](#), a free magazine published three times per year containing strategies, research, and success stories in specific focus areas related to persons with intellectual, developmental, and other disabilities. It provides practical information useful to professionals in a variety of fields, including educators, community service providers, policymakers, and advocates, as well as persons with disabilities and their families.

[Special Needs Trust Information](#) A special needs trust is established to prevent people from losing benefits from certain government programs after receiving a settlement or inheritance. An influx of wealth can make one ineligible for benefits from Supplementary Security Income (SSI), Veterans Aid and Attendance, Medicaid, and government housing. A special needs trust supplements but does not replace, these benefits by paying for non-covered services or equipment.

In 2014 the Achieving a Better Life Experience (ABLE) Act was signed into law. The ABLE Act allows people with disabilities to create tax-advantaged savings accounts called [ABLE accounts](#). The money in ABLE accounts can be used for qualified disability-related expenses, such as education, housing and transportation. Most importantly, ABLE accounts allow people with disabilities to save money without losing their eligibility for federally funded benefits such as Medicaid or Supplemental Security Income (SSI).

Research Related to Siblings

[Sibling Caregivers Brief](#)

[Sibling Disability Advocacy](#)

[Sibling Leadership Network \(SLN\) Adult Sibling Research Brief](#)

[SLN Young Siblings Research Brief](#)

[State of the States in Developmental Disabilities: Siblings of Individuals with Intellectual/Developmental Disabilities](#)

General Sandwich Generation Resources

Understand your rights under the [Family and Medical Leave Act \(FMLA\)](#). FMLA is a federal program that allows eligible employees to take protected leave for qualifying serious health conditions, for bonding with a newborn or child placed with an employee for adoption or foster care, or leave needed for certain activities associated with a close family member being called to active military duty. To open an FMLA case, [please contact Human Resources](#).

Utilize the [Employee Assistance Program \(EAP\)](#) benefit. EAP is a free, confidential program created to promote the health, safety and well-being of public service employees and household adult family members.

Dependent Care is often a benefit associated with [children under the age of 13](#), but it can also be used for adult care if that is needed for the [aging parent\(s\)](#).

[Paid Family & Medical Leave \(PFML\)](#) is a resource that is available to almost everyone working in Washington that is run and operated by the Employment Security Department (ESD). According to PFML, the definition of a “family member” includes: Spouse, domestic partner, children (including step and foster), grandchildren, siblings, parents (including in-law and *loco parentis*), grandparents, son & daughter in-law, and has a kind of catch all provision of *someone who expects to rely on you for care*.

[AARP](#) created a specific Caregiving Resource Center for people to access information and resources about all aspects of caregiving. Different sections of the website tackle specific topics on the subject, such as benefits and insurance, legal and financial, senior housing and providing care.

[ARCH National Respite Network](#) helps families locate respite and crisis care services in their communities.

[Caregiver Action Network](#) works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, diseases or the frailties of old age. The organization provides education, peer support and resources to family caregivers across the country free of charge.

[Rosalyn Carter Institute for Caregiving](#) provides caregivers with resource tools, which help promote health and skills. The organization focuses on helping caregivers cope with chronic illnesses and disabilities across the lifespan.