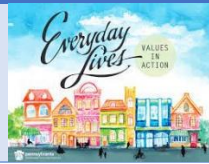


Resources Focusing on Siblings



Everyday Lives: 1) values statements for individuals, 2) values statements for families, and 3) 14 specific recommendations developed.

SUPPORTING FAMILIES THROUGHOUT THE LIFESPAN: Our families must be encouraged and supported early on in their children's lives to hope, dream, and reach for the future.

4.SUPPORT FAMILIES THROUGHOUT THE LIFESPAN Families need support to make an everyday life possible. They need information, resources, and training.

https://palms-aws3-repository.s3.us-west-2.amazonaws.com/MyODP_Content/Gold+Book/Gold+Book.pdf

Ellie Mental Health: Sibshops

https://paautism.org/support_group/ellie-mental-health-sibshops/

Sibshops are an opportunity for children (ages 8 to 13) who have siblings with serious or chronic health problems and/or developmental needs to gain peer support as well as education while having fun.

PA Family Network www.visionforequality.org/programs/pa-family-network/

Using The LifeCourse to Plan and Problem Solve – Siblings

www.visionforequality.org/event/using-the-lifecourse-to-plan-and-problem-solve-siblings/

ASERT <https://paautism.org/>

The Impact of Autism on Siblings <https://paautism.org/resource/the-impact-of-autism-on-siblings/>

The ARC <https://thearc.org/get-involved/siblings/>

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. ...Many of us at The Arc know firsthand what it is like to grow up with a family member with IDD. We understand and share the vision you have for a healthy, full, and independent life for your sibling. Helping your sibling achieve this vision can take many forms, including:

- [Advocacy in your community, state, or on the federal level for programs and supports](#)
- [Assisting with daily living activities](#)

- Being there for [support](#) as they plan ahead for an [independent](#) life
- [Connecting with other siblings for ideas on how to be a better advocate](#)

Our Resources

In addition to our [Sibling Scene e-newsletter](#), The Arc has fact sheets, webinars, and other resources available on a variety of topics. These topics include policy basics, financial planning, self-advocacy, education, and more. [Access them!](#)

Other Sibling Resources

There are other organizations that provide sibling-specific information and support. Visit them to see what they have to offer!

- [Sibling Leadership Network](#)

Sibling Leadership Network <https://siblingleadership.org/wp-content/uploads/2016/03/PA-SiblingResources.pdf>

(Resources for Siblings of People with Disabilities in Pennsylvania document)

- [Sibling Support Project](#)