



**For brothers and sisters**  
of disabled children and adults

## Floyd is 7

His sleep is frequently disrupted because his brother Arlo needs help at night.

[Read Floyd's story →](#)



Sibs is the only UK charity for children and adults who are growing up with (or have grown up with) a disabled brother or sister.

Keep in touch...



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[Company/sibs\\_2](#)

# Sibs

- Sibbs was [founded in 2001](#)
- Estimated half a million young siblings
- Estimated 1.7 million adult siblings



# Sibs

- [www.youngsibs.org.uk](http://www.youngsibs.org.uk) – for 7-17 year olds, information, 1:1 support and advice, moderated forum
- [www.sibs.org.uk](http://www.sibs.org.uk) – information for parents and professionals. 1:1 support and advice for adult siblings
- [Parent workshops](#)
- Sibling group leader training
- Adult sibling events
- [SibsNetworkUK](#)

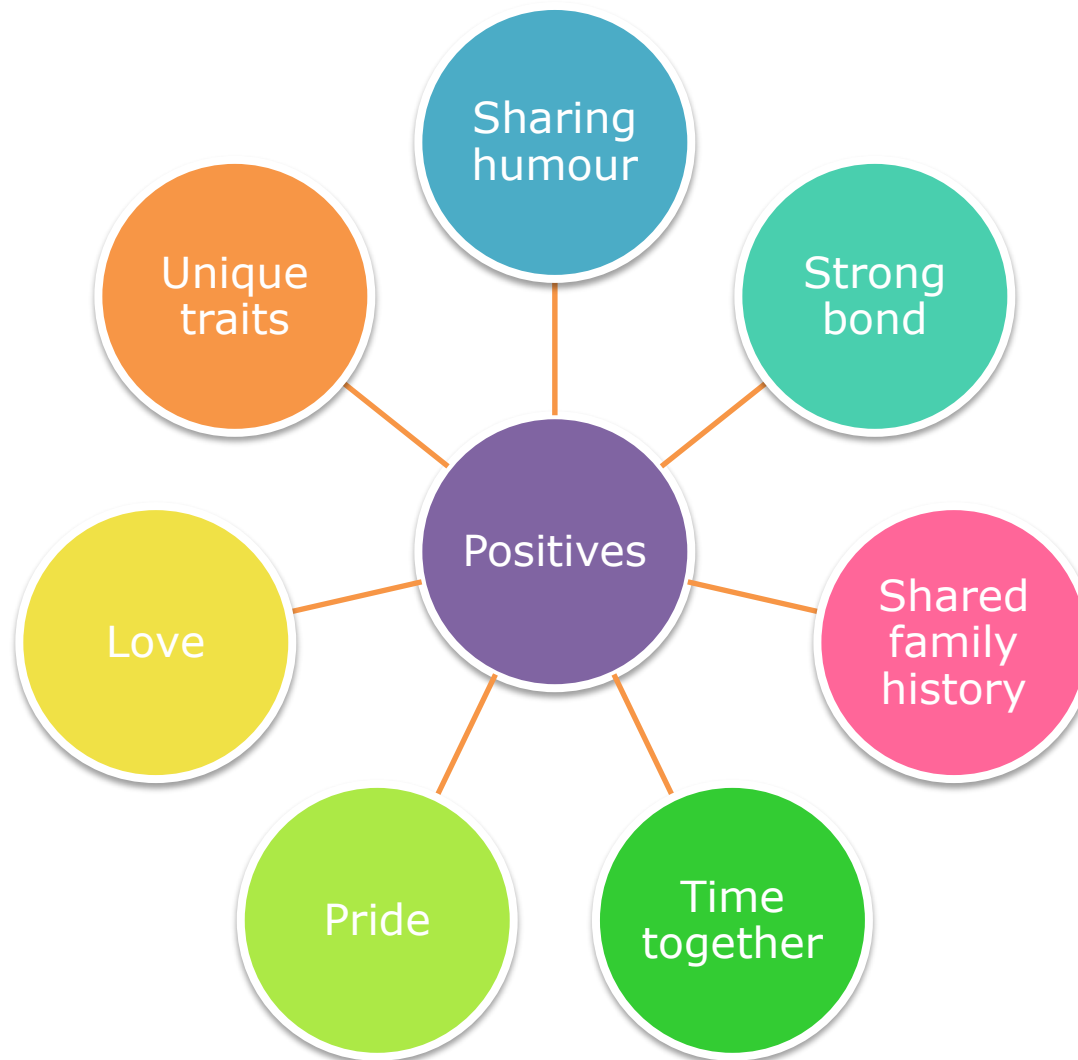


What is it like being an adult sibling?

“What are the positive things about having a brother or sister who has TSC?”

# Examples of positive experiences for adult siblings

The experience  
will vary widely  
– see  
[sibs.org.uk](https://sibs.org.uk)



# Examples of strengths of adult siblings

Empathic

Patient

Practical

Advocating for disabled people,  
families and children

Appreciating  
your own  
health and  
opportunities

Having developed skills and knowledge through your  
sibling experiences in areas such as psychology,  
social care, parenting, teaching, communication,  
behaviour management, campaigning....

The experience will vary widely – see [sibs.org.uk](https://sibs.org.uk)

What is it like being an adult sibling?

“What are the  
challenging things about  
having a brother or sister  
who has TSC?”

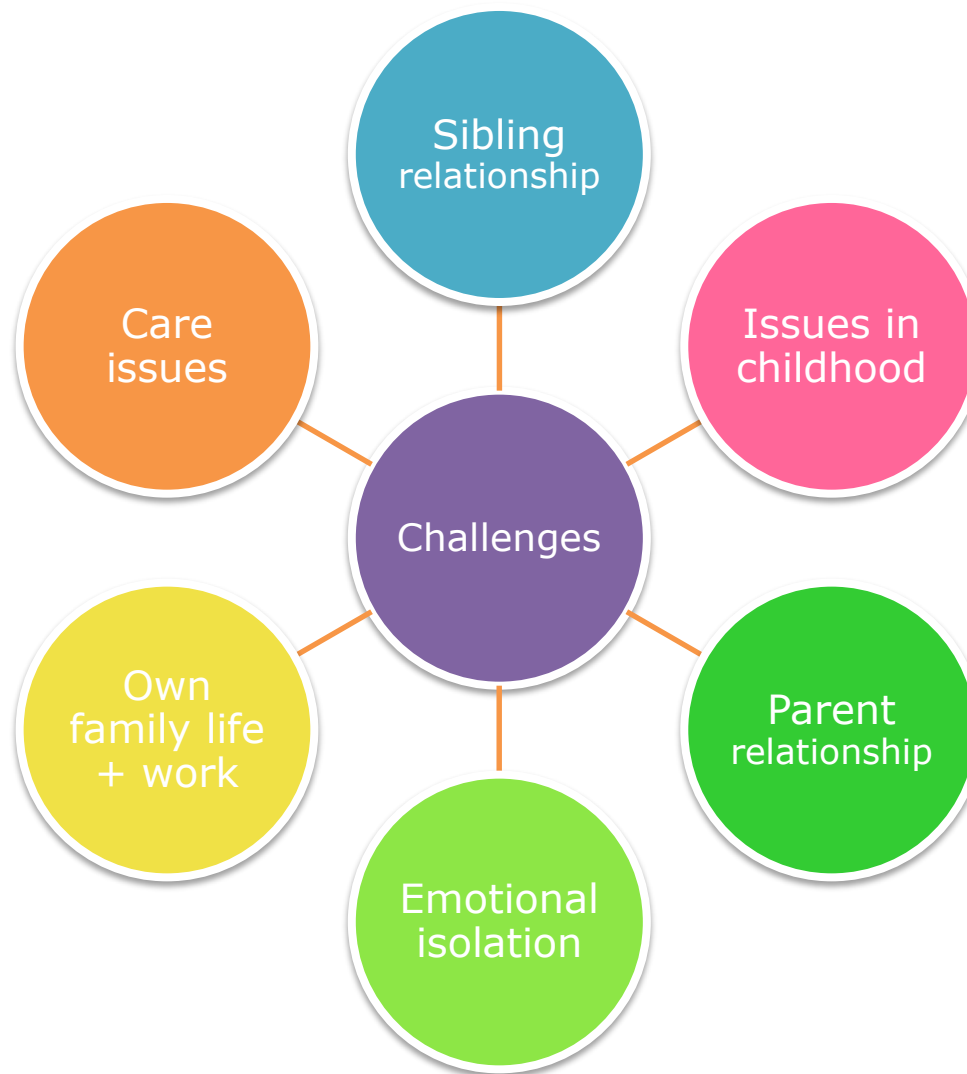


# Examples of challenging experiences for adult siblings

The experience  
will vary widely

– see

[sibs.org.uk](https://sibs.org.uk)



How can I support an adult sibling?

“How can I support an adult sibling?”

# How can I support an adult sibling?

You can help adult siblings to feel less ALONE...

**A**cknowledge

- Acknowledge them as a person

**L**isten

- Listen to their opinion and include them in discussions

**O**ptions

- Discuss and give options about their involvement in care

**N**eeds

- Offer support for their own needs

**E**motions

- Allow all emotions

# Sibs support for adult siblings

- 1:1 phone and email support
- Information and advice at [www.sibs.org.uk](http://www.sibs.org.uk)
- Workshops and events

For adult siblings of people with a lifelong learning disability and/or autism:

- SibsNetworkUK - [peer support groups](#)
- [Guides](#) on topics such as future planning, mental capacity and managing care

Keep in touch...



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[www.sibs.org.uk](http://www.sibs.org.uk)

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