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.

Floyd is 7
His sleep is frequently disrupted because his brother Arlo needs help at night.

Read Floyd's story →
Keep in touch...

@Sibs_UK

@SibsCharity

Company/sibs_2
Sibs

- Sibs was founded in 2001
- Estimated half a million young siblings
- Estimated 1.7 million adult siblings
Sibs

- www.youngsibs.org.uk – for 7-17 year olds, information, 1:1 support and advice, moderated forum

- 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 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

- Sharing humour
- Unique traits
- Strong bond
- Shared family history
- Love
- Pride
- Time together
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
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

- Sibling relationship
- Issues in childhood
- Parent relationship
- Emotional isolation
- Own family life + work
- Care issues

The experience will vary widely – see 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
- 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
info@sibs.org.uk

Twitter @sibs_uk
Facebook @SibsCharity
LinkedIn company/sibs_2

www.sibs.org.uk
www.youngsibs.org.uk

December 2019