

The Power of Peer Support for Siblings of People with Disabilities

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October 5, 2023





OUR MISSION

***To provide 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.***

*****[.sibblingleadership.org](http://sibblingleadership.org)**



WHY IS THE SIBLING RELATIONSHIP IMPORTANT?

- Siblings have longest relationship
- Sibling experiences are often overlooked
- Siblings have a peer perspective

Siblings in childhood

Resources:

- The Sibling Support Project - Sibshops
- AHRC Sibling Services

Books:

- *Views From Our Shoes* by Don Meyer
- *Luna, Yes!/Luna, ¡Sí!* by Jessica Gonzalez
- *My Brother Charlie* by Holly Robinson Peete
- *Billy's Sister* by Jessica Leving



Siblings in the teen years

Resources:

- SibTeen on Facebook

Books for older teens:

- *The Sibling Slam Book* by Don Meyer and David Gallagher
- *Sibling Survival Guide* by Don Meyer and Emily Holl





Siblings in Adulthood

Resources:

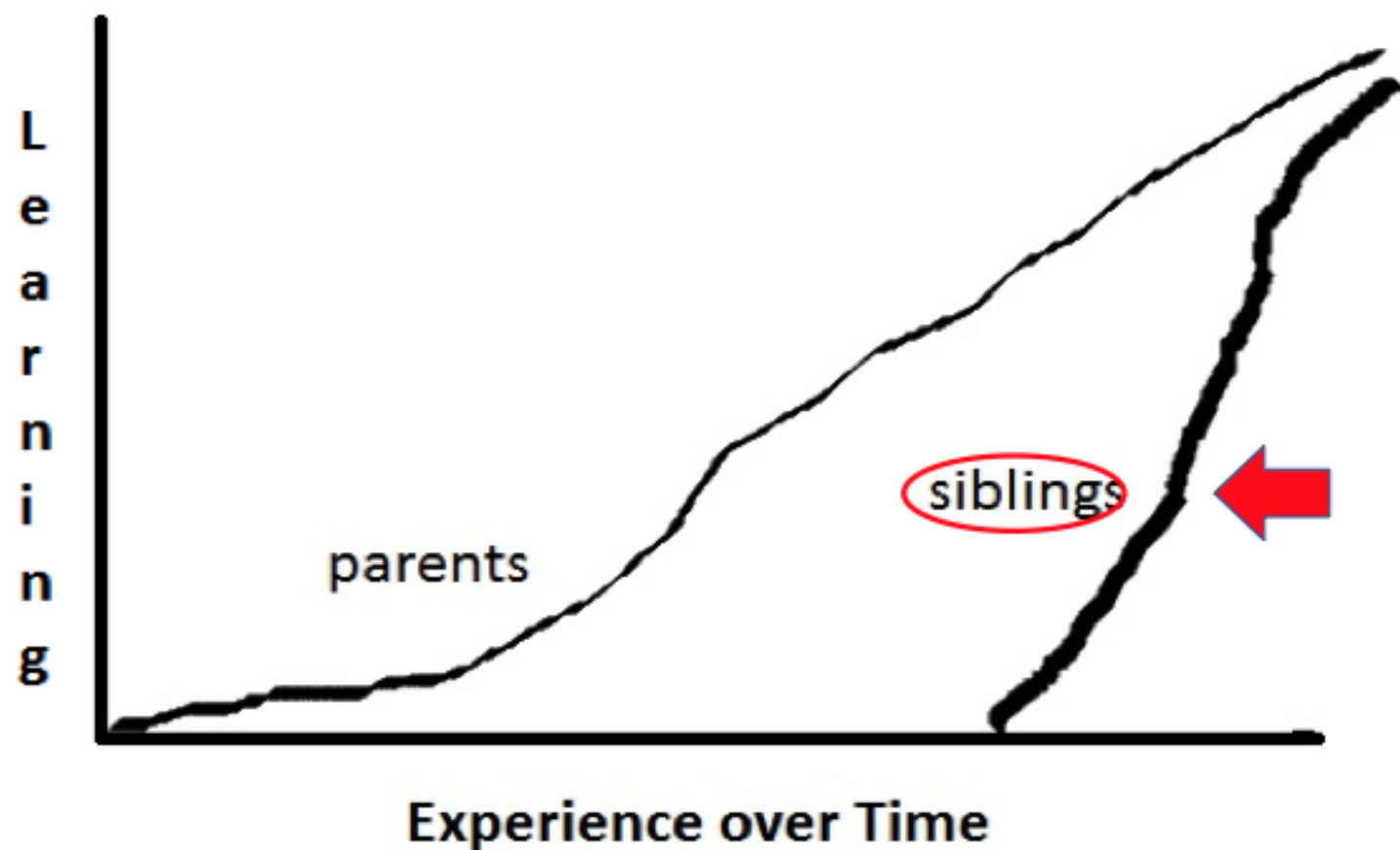
- **Sibling Leadership Network:**
 - Podcast
 - Future Planning
 - Sibposiums
- **SibsNY**
- **AHRC Sibling Services**
- **SibNet on Facebook**



Book for Adults:

Thicker Than Water by Don Meyer

Learning Curve



Siblings juggle caregiving roles: The “Club Sandwich” Generation




Aging Parents

Siblings with Disabilities

Children



A photograph of a desk with a map, a pair of glasses, a pencil, and some papers. The text 'SIBLING LEADERSHIP NETWORK' is overlaid on the image. The word 'SIBLING' is in white, 'LEADERSHIP' is in white, and 'NETWORK' is in white. A blue decorative symbol is placed between 'SIBLING' and 'LEADERSHIP'.

SIBLING LEADERSHIP NETWORK

FUTURE PLANNING FOR SIBLINGS OF PEOPLE WITH DISABILITIES



Everyone in the family should have a voice and a choice in the process

Create policies and programs that support siblings

- Include siblings in family future planning meetings.
- Ask about siblings during intake meetings.
- Host adult sibling gatherings.
- Host Sibshops.
- Include siblings on your Board, committees, and in your policies about families.



Actively reach out to siblings

- Siblings may not have ever been invited to an event before.
- Directly communicate with siblings.
- Support siblings to connect with each other.
- Ask the person with a disability how he or she would like her/his sibling to be involved.



**Don't expect
siblings to be
just like parents**



Please stay connected

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