



Sisters Individuals Brothers

Sibs sheet for the community

Sibs say...

"I sometimes get embarrassed when we go shopping and people stare at us because my brother walks a bit funny, but I love going swimming together."

Ellie, 9-year-old Sib

"It used to really freak me out when Sam would be in hospital having operations because I didn't really understand what was happening to her, but I didn't want to stress out mum and dad any more by asking them."

Soula, 17-year-old Sib

"I find it tough as a Sib when my brother and sister are treated with so much care and my parents bottle it up so they take it out on me."

Andrew, 14-year-old Sib

A Sib (or sibling) is someone who has a brother or sister with a disability or chronic illness.

In Victoria there are as many as 121,905 children and young adults aged 0-25 living with a disability (Association for Children with a Disability, Disability Counts 2006), and it can be estimated that for each of these there is at least one Sib.

If you interact with young people through your work, family or community the chances are that, at some stage, you will come into contact with a Sib.

Although Sibs often feel enriched by the experience of growing up in their family, they also face some unique challenges.

The extent to which these challenges affect Sibs depends on many other factors such as their age, family circumstances, where they live, and the severity of their brother or sister's condition. Although each Sib's experience is unique, all Sibs can benefit from a bit of extra support during their childhood years both at home and in their community.



www.sibs.org.au

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Sibs, parents and service providers can access three Sib-related websites from the central homepage at www.sibs.org.au



www.siblink.org.au

Support for primary aged Sibs



www.yourshout.org.au

Support for adolescent Sibs



www.acd.org.au

Support for parents of Sibs aged 0-25

Turn over for Sibs resources...

Resources for Sibs

The Association for Children with a Disability has developed a range of resources to assist parents and service providers in better supporting Sibs and to provide direct support to Sibs under the age of 25. Some of our key resources include:

- web-based information and support for service providers, parents and Sibs aged 25 and under available on www.sibs.org.au
- the Supporting Siblings booklet outlining common experiences of Sibs as well as some of the family and social influences on the adjustment of Sibs
- a directory of sibling programs in Victoria available on www.acd.org.au.

How can you help Sibs to feel connected?

Sibs need the chance to feel that there are others out there in a similar situation to themselves. It can be invaluable for Sibs to meet other Sibs face to face at sibling groups or camps, or link up with other Sibs through one of the many sibling websites. To help a Sib feel connected, you can:

- look at the directory of sibling groups on www.acd.org.au to see if there are any suitable sibling groups in their local area
- direct primary aged Sibs to the Siblink Sibs website or adolescent Sibs to the Your Shout website through www.sibs.org.au.

To get a hard copy of any of these Sibs resources contact the Association for Children with a Disability on the number below.

Where else can I look for more information?

• Carers Australia

Most Sibs do their bit to help out at home, and can access support offered to Young Carers through the Commonwealth Carer Resource Centre. Phone 1800 242 636 or visit www.carersaustralia.com.au for more information.

• Siblings Australia

Siblings Australia produces a variety of resources and services for Sibs as well as aiming to create awareness about the needs of Sibs among parents, professionals and the general community. Contact Siblings Australia on (08) 8361 8361 or visit www.siblingsaustralia.org.au for more information.