

Resources for Siblings of People with Disabilities



Sibling Leadership Network: www.siblingleadership.org

The Sibling Leadership Network (SLN) provides 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.



Supporting Illinois Brothers & Sisters (SIBS) www.sibsnetwork.org

SIBS is the Illinois chapter of the national Sibling Leadership Network. The mission of SIBS is to provide support to siblings of people with disabilities in Illinois by connecting them with information, networking opportunities, and resources in order to enhance the quality of life for their entire families.



Sibling Support Project: www.siblingsupport.org

The Sibling Support Project is a national effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns.

Connect with Siblings Online: There are a number of online, interactive closed communities for siblings at different ages to connect with each other for information and peer support. Hosted by The Sibling Support Project, these groups serve as a front-line resource for sibs, by sibs! Siblings can look on Facebook to request to be added to a group.



- ❖ **SibTeen**—for sibs who are teenagers <https://www.facebook.com/groups/SibTeen/>
- ❖ **Sib20**—for siblings in their 20s <https://www.facebook.com/groups/Sib20/>
- ❖ **SibNet**—for adult siblings <https://www.facebook.com/groups/SibNet/>



Sibshops are pedal-to-the-metal events where school-age brothers and sisters meet other sibs (usually for the first time), have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play some great games, learn something about the services their brothers and sister receive, and have some more fun. To find a Sibshop near you, visit: www.siblingsupport.org/about-sibshops/find-a-sibshop-near-you

Books for siblings of all ages:

