

Sibs

For brothers and sisters
of disabled children and adults



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We're the charity for siblings of disabled children and adults

Young Siblings

Children and young people growing up with a disabled brother or sister, often find that life is harder for them than their peers.

Many young siblings experience daily challenges at home and at school and can feel like no-one understands what life is like for them.

Young siblings also bring many positives to their families, often providing friendship and care for their brothers and sisters.

How we can help

YoungSibs is our online support service for siblings aged 7-17.

- Get information about disabilities and conditions
- Read about how to manage feelings
- Get help with issues at home or at school

Parents and Professionals

Sibs can provide help for others to support young siblings.

- Training for professionals to run sibling support groups for children
- Sibs Talk Lite resources for primary and secondary schools
- Sibs Talk intervention training for primary schools
- Information and training for parents and professionals on supporting young siblings

Adult Siblings

Adult siblings of someone with a lifelong disability provide support for their brothers and sisters at the same time as juggling their own life and commitments.

They rarely receive recognition for their role or support for their needs, and can experience negative effects on their work, mental health, relationships and finances.

Many siblings just want to enjoy social time with their brother or sister, rather than time being spent on care tasks.

How we can help

For adult siblings aged 18 and over (including bereaved siblings).

- Information and advice
- Peer support groups
- eBook *Self-care for siblings*
- Guides on care topics
- Workshops and events

“My sister Frances is an exceptional person, the kind of individual you never forget once you’ve met them. She is loving and loud and a real live wire. She also has learning disabilities which means that life sometimes, gets complicated. This means that I have an understanding of what it means to be a sibling – the fun and the not so fun bits!”

Jo Whiley, Patron

www.sibs.org.uk

Sibs is the UK charity for brothers and sisters of disabled children and adults.

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Registered charity no. 1145200 Limited company no. 7834303