

THE SUPPORTING SIBLINGS PROJECT



A Project of The Arc of New Jersey Family Institute

Supporting the siblings of children & adults with intellectual and developmental disabilities

The relationship between siblings plays a very important role in the lives of individuals with intellectual and developmental disabilities. It is the longest relationship brothers and sisters will share and will most often out last that of the parent child relationship. However, siblings are often overlooked as needing support themselves. With this in mind, The Arc of New Jersey Family Institute created the Supporting Siblings Project. This initiative provides parents and organizations with the tools needed to support siblings throughout their life and offers siblings resources and community support.

What is a Sib?

The term "Sib" is short for sibling. It is part of a growing movement by siblings and is used when describing their role in the family. More than just a term for most sibs, it's how a sib identifies themselves; it's part of who they are.

bit.ly/supportingsiblingproject



Resources Available

- Information and referral line for adult sibs
- Request a speaker
- Sibshops for young sibs
- Ways to support sibs
- Fact sheets, webinars and videos
- Sibling Podcast Series
- Information on Family Medical Leave specifically for sibs