



Siblings and the Transition Years

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About Me

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Older Sibling to Woman with
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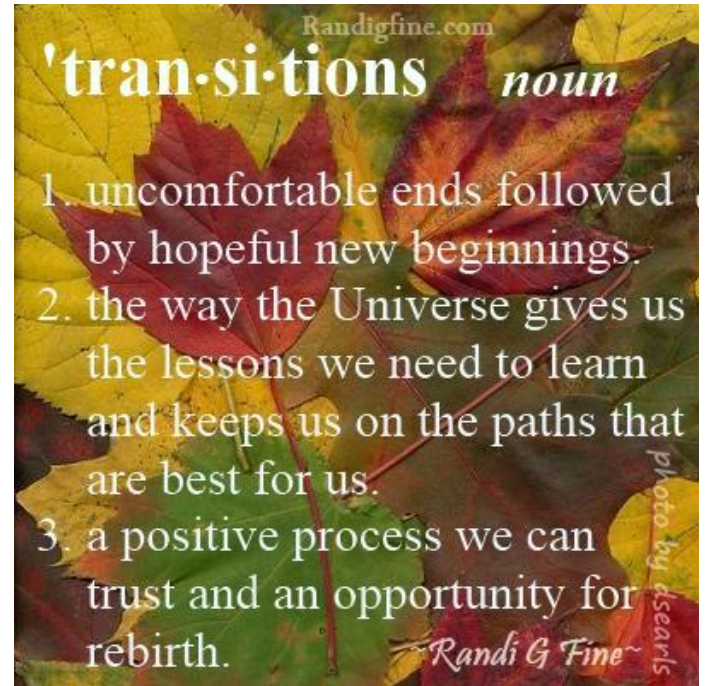
What is SIBS NJ?



A not for profit grassroots organization founded in 2014. Mission to bring together siblings of individuals with I/DD who want support in their various roles as caregivers and advocates.

Provide workshops and trainings, pop-up sibling workshops/groups, school presentations and agency presentations, refer to resources.

What do we think and feel when we hear “transition?”





Outline

Including siblings in developmentally appropriate ways is key!

→ **Questions will Arise**

The family is navigating this next chapter together

→ **Apathy or Anxiety May Ensur**

Siblings show a variety of reactions and responses

→ **Communication is Key**

How and what we communicate makes a difference in this process

–
How many “languages”
do you need to know to
**understand the
transition process
ahead?**

Its daunting! And, its ok.

(With a little help from the right resources, you will navigate!)



Tip

Take things one step at a time.

Ask lots of questions

Use a team approach

Define family roles and external supports

– Transition Means...

No more IEPs

No more School

More community

involvement

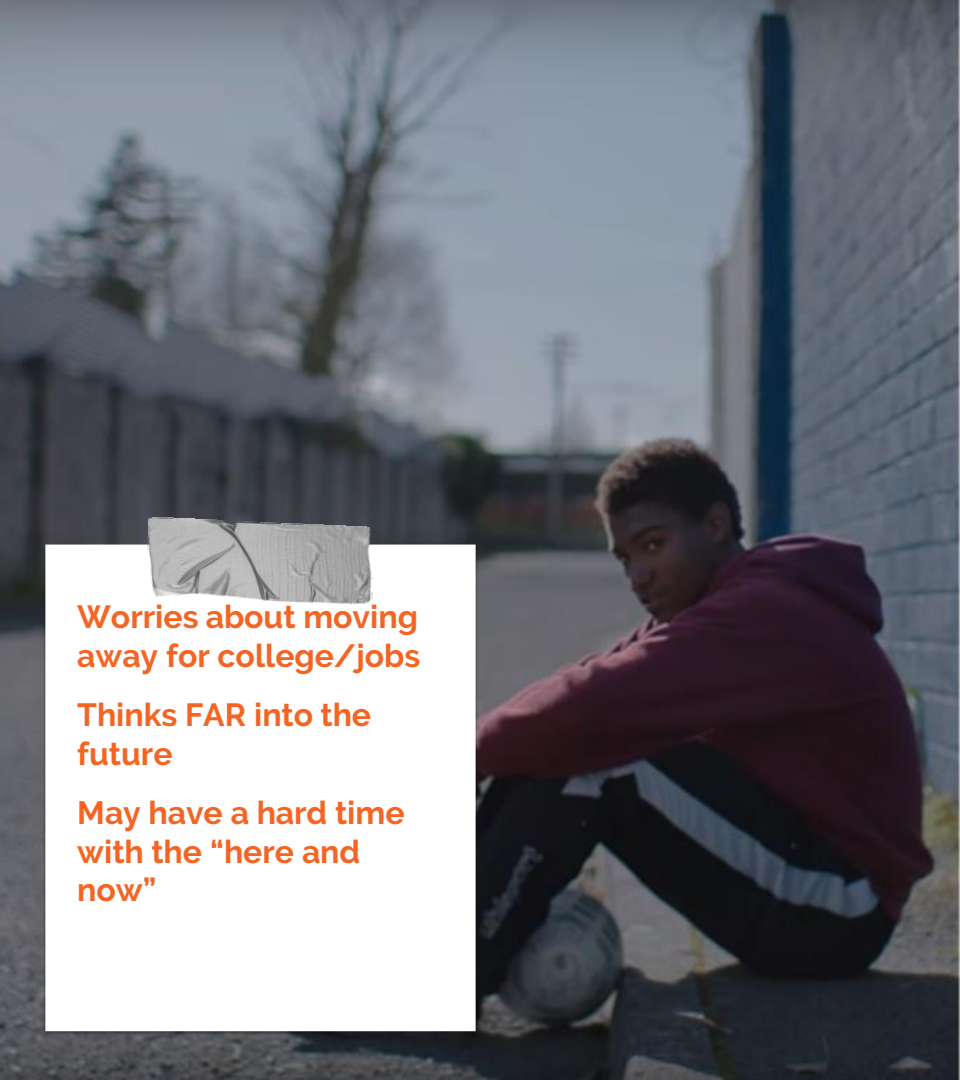
If parents feel
overwhelmed
**HOW DO
SIBLINGS FEEL?**





ANXIETY OR APATHY

- Some siblings feel major anxiety because they have involvement in understanding their siblings care now.
- Some siblings will feel apathetic - “not my problem right now”
- There's a lot to navigate in general. Typical sibs may be in adolescent/early adulthood which is full of its own ups and downs



**Worries about moving
away for college/jobs**

**Thinks FAR into the
future**

**May have a hard time
with the "here and
now"**

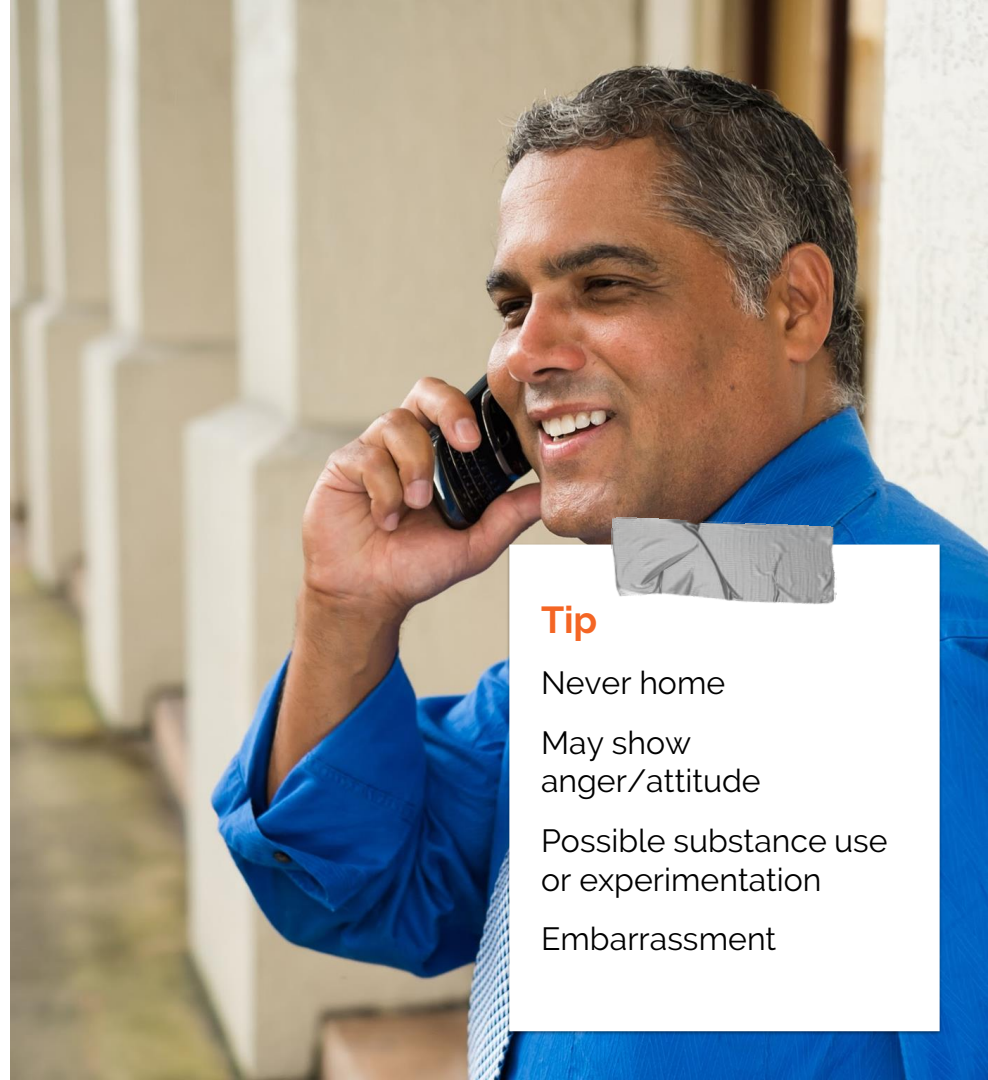
Meet Kristen

Story of an anxious sibling...

Meet Eddie

Apathetic/ambivalent sib...

Story for illustration purposes only



Tip

Never home

May show
anger/attitude

Possible substance use
or experimentation

Embarrassment

How do we bridge
the gap for families
and communicate
effectively?




VALIDATION
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“Walking the Middle Path”

We do not have to agree,
but we will listen non-
judgmentally





Work Together...

Navigating DDD, DVRS, SSI, Medicaid, Housing, Employment is HARD



Tip

Do not throw all of this in your own face or your typical sibs all at once

These topics require many ongoing conversations and dialogue



What if they Do Not Buy In?

- Some teens may not want to hear it now or even young adults, do not leave them out
- ASK questions (How are you feeling about all this?)
- Model that the chaos/emotions is a normal valid response
- Accept that some sibs will not want the roles of caregiver and it should never be forced

Recap - What To Do

Educate yourself
and your family
on what
transition means

Open dialogue
via the “middle
path” model of
discussion

Validate

Keep asking
questions/check
in

Create a plan
with or without
sib involvement