

## FIVE FAST FACTS FOR FRIDAY

# The Sibling Experience

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- The term "Sib" 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.
- Young sibs have many questions and not always the language to verbalize their emotions.
- Teen and young adult sibs begin to realize the long-term supports their sibling may require and the role they may play in that future.
- Many adult sibs feel overwhelmed when thinking about their future role as a primary caregiver. Financial and legal concerns, how to navigate the system, and housing options are all important topics that adult sibs need help with.
- Siblings May be Eligible for Family Medical Leave