



Resources for Siblings of People with Disabilities in Texas



Siblings of people with disabilities experience various support needs throughout the lifespan. Better outcomes for siblings can lead to better outcomes for their brothers and sisters with disabilities, and all family members. It is important to start early and provide supports to young siblings. As they age, siblings may take on greater support roles and need more information. There are resources, networks and supports for siblings and their families in Texas throughout the lifespan!

Resources for Siblings of Individuals with Disabilities



Texas Sibling Network: <https://disabilitystudies.utexas.edu/TSN>

The Texas Sibling Network aims to create a community for adult siblings of people with intellectual and developmental disabilities. Our Network will provide support, resources, leadership and advocacy skill building opportunities for siblings. We are a community for siblings of people with disabilities by 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.



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 on Facebook**—for adult siblings <https://www.facebook.com/groups/SibNet/>

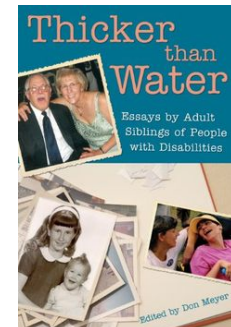
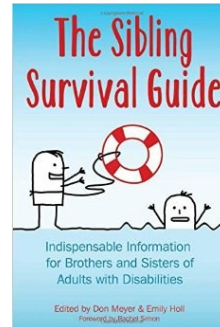
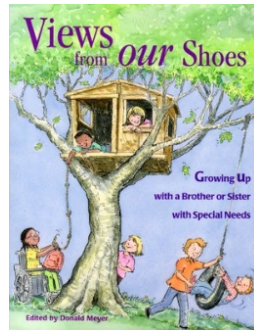
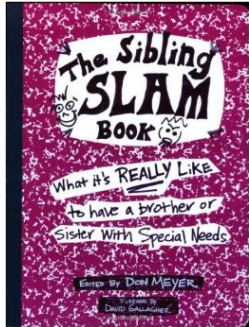


Sibshops are pedal-to-the-metal events where school-age brothers and sisters meet other sibs (usually for the first time), have fun, laugh, talk about the good and not-so-good parts of having a sib with special needs, play some great games, learn something about the services their brothers and sister 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:

There are lots of great books for siblings of all ages.



Disability Resources in Texas:

Texas Council for Developmental Disabilities - <http://www.t addedd.texas.gov/>

The Texas Council for Developmental Disabilities helps people with developmental disabilities achieve their potential for independence, productivity and integration into their communities by working to develop a comprehensive system of service and supports in Texas.

The University of Texas at Austin Texas Center for Disability Studies <https://disabilitystudies.utexas.edu/>

As a federally designated University Center for Excellence in Developmental Disabilities, the Texas Center for Disability Studies works to create a better world through research, education, practice, and policy.

The Arc of Texas - <https://www.thearcoftexas.org/>

The Arc of Texas promotes, protects, and advocates for the human rights and self-determination of Texans with intellectual and developmental disabilities.

Texas Health and Human Services, Services for Caregivers <https://hhs.texas.gov/services/aging/services-caregivers> This resource provides assistance navigating services for caregivers, such as Respite Care.



This resource was developed by The Sibling Leadership Network supported by a grant for the Texas Sibling Network. Financial Support for the Texas Sibling Network is provided by the Texas Council for Developmental Disabilities, with Federal funds* made available by the United States Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities. *\$83,655, 77% DD funds; \$25,378, 23% non-federal resources.

