

TEXAS SIBLING SURVEY

CAREGIVING

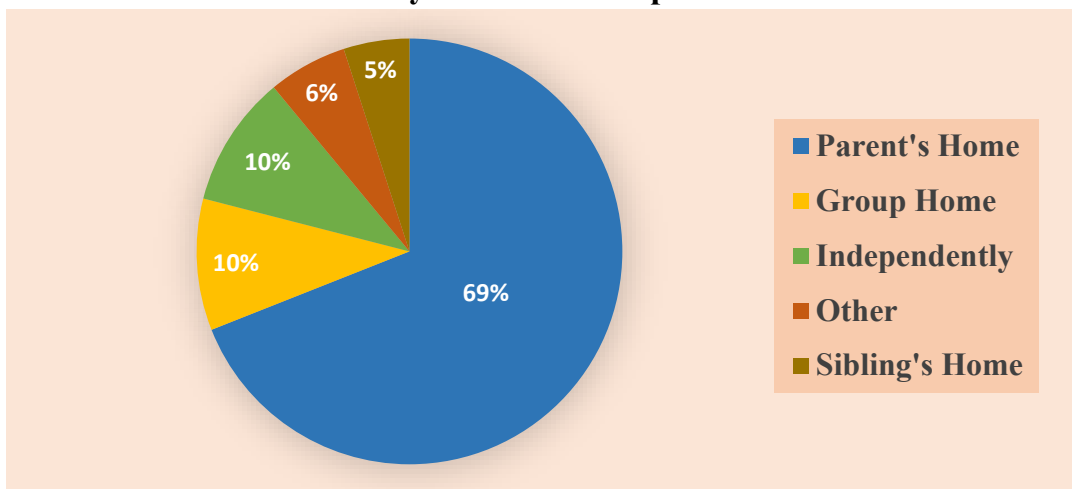


Siblings often become the next generation of caregivers, especially as parents age and can no longer provide the same amount of support to the person with disabilities.

108 ADULT SIBLINGS OF PEOPLE WITH DISABILITIES RESPONDED TO THE TEXAS SIBLING SURVEY

WHERE INDIVIDUALS WITH DISABILITIES LIVE

Survey respondents indicated the majority of people with disabilities (69%) currently live with their parents.



CAREGIVER TRANSITION

As parents age, siblings will likely be involved in the transition process in the future.

Siblings who responded to the survey indicated:



18% currently a primary caregiver



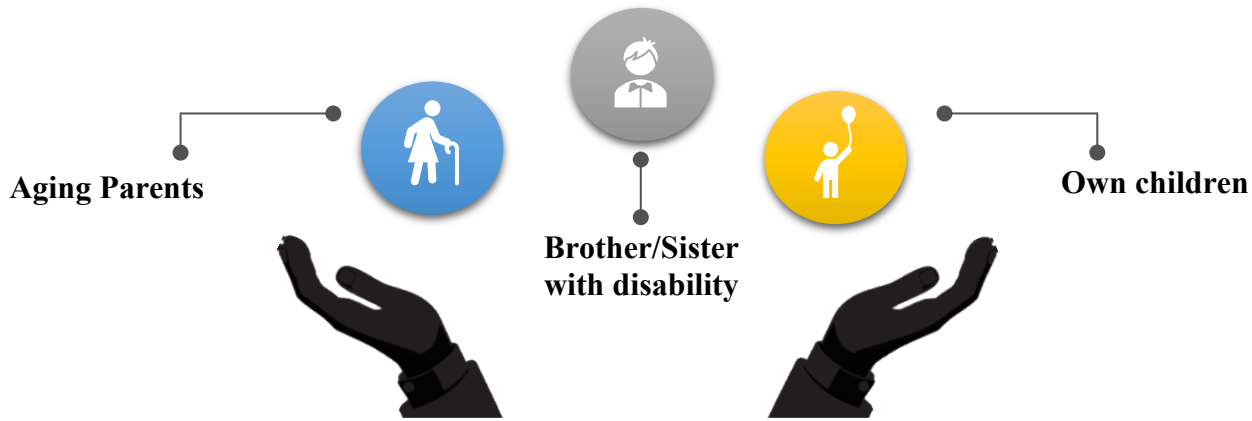
63% anticipated becoming a primary Caregiver

87%

of siblings indicated a **need for support** related to **transitioning to a caregiving role.**

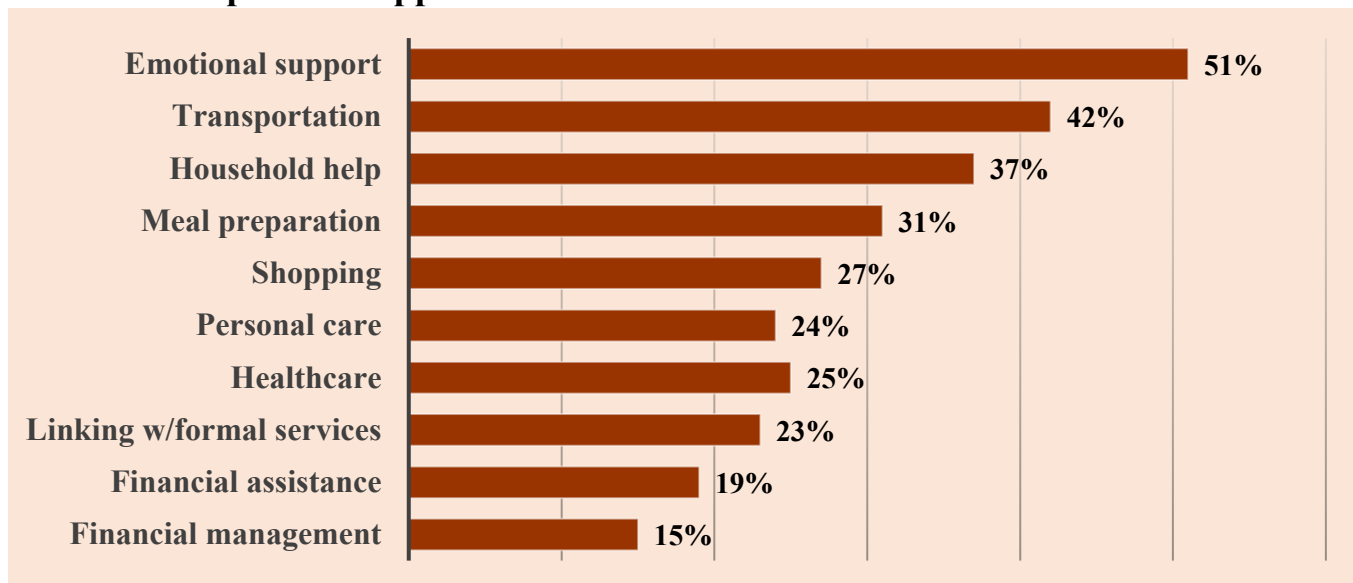
Future Planning can help with these caregiver transitions. See the SLN's Texas Sibling Survey infographic on Future Planning for more.

As parents get older, siblings often have to juggle caregiving roles.



TYPES OF CAREGIVING PROVIDED BY SIBLINGS

Survey respondents indicated the following ways they provide support to their brothers/sisters with disabilities:



CAREGIVING CHALLENGES

Respondents who are currently caregivers indicated the following challenges:

67% feel stressed/
emotionally drained

72% physically tired

Siblings can get more involved in advocacy to help get more support for caregivers of people with disabilities. See the SLN's Texas Sibling Survey infographic on Advocacy for more information.