

Guiding future caregivers: Sibs, the siblings of individuals with intellectual/ developmental disabilities



SIB POPULATION FACTS

- **1.6M Californians** live with a cognitive disability. Most of these individuals have a Sib, and many Sibs will play a caregiving or support role in their sibling's life
- Within those receiving support through the California Regional Center system, **over 135,000 are adults living with their family** and needing to plan for a caregiving transition
- Nearly 80% of parents say they have discussed future planning, yet **over 60% of Sibs indicate that they feel unprepared**



GUIDE OBJECTIVES

- **Minimize the trauma** of lifestyle changes when suddenly taking on the support of sibling
- Help younger adult Sibs to **prepare and plan** for future care management responsibilities, including understanding the options available within California
- Assist Sibs in starting or **advancing the conversation** with their parents or other conservators of their sibling
- Provide Sibs with **emotional support and tools** for building resiliency, including understanding their options for involvement and/or boundaries
- Tell the **stories** of Sibs that have gone through, or are currently wrestling with the challenges of sibling care management

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development of the Sibling Caregiving Guide*

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