

# THE CENTER FOR SIBLINGS OF PEOPLE WITH DISABILITIES MEDIA KIT

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The Center  
for Siblings

OF PEOPLE WITH DISABILITIES



# WHY SIBLINGS?

We've been called “glass children”, “well siblings”, and simply, the “other” kids. Whatever the term, there’s no question that siblings of kids with disabilities face unique challenges and have complex needs. **Siblings of people with intellectual disabilities suffer from significantly higher rates of anxiety, depression, and eating disorders than the general population** when not provided with the right resources and support.

## OUR MISSION

Our mission is to help siblings of people with disabilities feel seen, supported, and empowered, with a focus on providing early intervention for young siblings.

## HOW WE DO IT

- ***Billy's Sister***, one of the world's first children's books exclusively for sibs, and companion workbook ***My Sibling Story***
- **The Special Siblings Podcast** for parents, service providers, and adult siblings
- Sought-after **training programs** to help parents and service providers support siblings





# CORE VALUES

- Siblings of people with disabilities deserve to feel seen and appreciated for their own independent identities apart from their brothers and sisters.
- Representation is important to help siblings – especially young siblings – feel validated and understood.
- Artistic expression can be a valuable tool to help people – especially children – process their emotions.
- Sharing resources and amplifying sibling voices will enable psychologists, counselors, and policymakers to conduct new research and enact new policies to support siblings at different stages in their lives.
- Building a strong foundation of support for siblings will empower them to find healthy, balanced ways to take active roles in managing care for their brothers and sisters later in life, without losing sight of personal wellness.
- Supporting siblings is a community responsibility.



## GET IN TOUCH

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