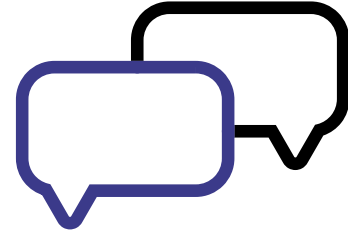


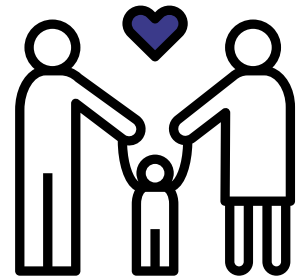
COMMUNITY ATTITUDES

- Research with siblings demonstrates a phenomenon coined *disability by association*, which describes when someone experiences discrimination due to their connection to a person with a disability
- This can lead siblings to feel different from their peers and that they don't belong



FAMILIES

- Siblings' satisfaction with family functioning is strongly related to sibling relationship quality
- More positive sibling relationships are associated with siblings feeling supported by their families



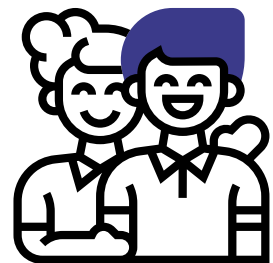
MENTAL HEALTH

- Some studies report that siblings have positive mental health outcomes and are well-adjusted
- Other studies show that siblings of individuals with ID may be more likely to struggle with anxiety and depression than siblings of people without disabilities
- Siblings of people with ID may also be more likely to report lower life satisfaction than siblings of people without disabilities



SIBLING RELATIONSHIPS

- Some studies show that siblings of Individuals with ID and their siblings have positive relationships
- Individuals with ID and their siblings report enjoying spending time together
- Some studies show that sibling relationships are warm with little conflict



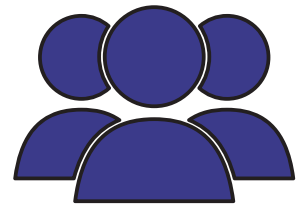
PERSPECTIVES OF SIBLINGS WITH ID

- There is a significant lack of research including the perspectives of individuals with ID
- 70% of adult siblings with a disability consider their relationship with their sibling significant to them
- Siblings with ID tend to report similar experiences of the sibling relationship compared to siblings without a disability



SIBLING QUALITIES

- Siblings of individuals with ID demonstrate higher levels of empathy and engage in significantly more perspective-taking than siblings of individuals without ID
- Siblings of individuals with ID demonstrate greater personal, social, and spiritual growth than siblings of children without ID



RESPONSIBILITIES

- Siblings of individuals with ID may be responsible for some or all caregiving for their sibling with ID
- Some siblings struggle with self-compassion and decisions to provide care may be associated with feelings of guilt and resentment
- Siblings report difficulties transitioning and adapting to a caregiving role



SUPPORTS AND SERVICES

- Support groups for siblings of individuals with ID reduce rates of anxiety and depression as well as increase feelings of sibling connectedness and empowerment
- Some siblings want supports and services that provide a way to connect with each other and to see efforts to change the community's attitudes toward disability



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This study was conducted in 2020, in partnership with the Samuel Centre for Social Connectedness.

For more resources and to read the full report, visit <https://www.socialconnectedness.org/fellowship-program/2020-summer-fellowship-program/>

For more information about this study, please email siblings@specialolympics.org