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

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
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
REFERENCES


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