Many siblings feel a sense of increased responsibility. Caring for a sibling with an intellectual disability can be challenging. Some siblings also feel obligated to change their communities' attitudes.

"Since I am a unified partner with my team, [my brother] calls me and supports me. And when he is in his competition, I am the one who goes and supports him. So, it is a mutual support and I think it is very positive."

Siblings face challenges with stigma from the community. They notice that community members are fearful of their siblings with intellectual disabilities.

"We must change the perspective of the society first, because the society is the illness."

"I feel more responsible because I know that I can help different people to raise awareness and include people with disabilities."

Siblings of people with intellectual disabilities report that Special Olympics helps them to be more accepting. To them, Special Olympics provides them with moments to bond with their sibling.

"[Special Olympics] is always important, and it really is a great instrument."

Siblings want more awareness of Special Olympics in their communities. They want to improve acceptance of people with intellectual disabilities.

"My mom and my dad won’t be there forever ... I’m still being so insecure for sure. Like, can [my sister] survive in life?"

This study was conducted from 2018-2020 in partnership with the Samuel Family Foundation. For more information about this study, please email siblings@specialolympics.org.