




# Sibling Experiences

These findings are from a study exploring the experiences of siblings of people with intellectual disabilities in Latin America, Africa and Asia Pacific.

## Relationships

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.




*"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."*



## Stigma

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."*



## Responsibility


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.

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



## Support needed

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



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

*"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?"*

Siblings are often fearful and uncertain about their future care taking roles. Siblings suggest parents start discussions early on.