

# Sibling Support Across the Lifespan

## **Program Description**

This training focuses on the unique experiences across the lifespan of siblings of people with intellectual/developmental disabilities (I/DD). There are millions of people with I/DD in the United States, and most of them have siblings. Siblings are generally the longest-enduring familial relationship that any person has, and siblings often take on integral care-partnering roles as their parents age. Siblings can offer particular strengths and opportunities when taking on care partnerships with their loved ones with I/DD, but they are often underprepared and under supported when they do.

The trainer will utilize case studies and research in order to discuss lifespan needs of siblings and demonstrate the value of addressing them both in terms of individual and family outcomes, and then will facilitate a panel of adult siblings.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

- Outline the developmental needs of siblings of people with intellectual/developmental (I/DD) disabilities across the lifespan.
- List the unique strengths and needs of siblings of people with I/DD.
- Explain the purpose and value of supporting siblings in terms of individual and family outcomes.
- Utilize an ecological systems approach to identify resources and barriers for sibling support.
- Identify resources and interventions to address sibling support needs.
- Discuss sibling needs with a panel of people with lived experience as siblings of people with I/DD.

## **Target Audience**

This training is intended for social workers, therapists, school staff, care coordinators, family support programs, and/or families (including siblings).

## **Contact Hours**

3.0 contact hours

## **Program Agenda**

9 AM to 10:30 AM	Developmental needs of siblings
10:30 AM to 10:45 PM	Break
10:45 AM to 11:45 AM	Ecological systems work in I/DD (and how this applies to sibs)
11:45 PM to 12:15 PM	Sibling panel
12:15 PM	Adjourn

## **Faculty**

**Eileen Slade, LCSW**, is the assistant director of NC START Central, where she engages in systemic crisis prevention and intervention work for children and adults with I/DD. She received her MSW from UNC Chapel Hill in 2013 and has been doing various kinds of social work in the I/DD field since. She is a sibling of a person with I/DD, which informs her passion for developing inclusive, accessible, and neurodiversity-affirming social environments.