Sibling Resources

The Autism Society of America has created a webpage for siblings, which offers resources focused on how to cope with the experience of having a brother or sister with autism. Click here to access their resources.

The National Autism Association’s ASD & Siblings toolkit is a guide created to help parents understand and address feelings and challenges often experienced by children who have a brother or sister with autism. This resource is free and available here.

The Organization for Autism Research produced several resources focused on autism siblings, including a parent’s guide to supporting siblings, a teen sibling guide, and a young sibling booklet. To access their guides, click here.

The Rare Epilepsy Network has compiled a list of resources for siblings of those with rare genetic disorders and special health care needs. You can view their resource list here.

Sam’s Sibs Stick Together is a webinar series offering support for autism siblings. Samantha Els serves as the moderator and ambassador of Sam’s Sibs Stick Together. Through her own experiences as an autism sibling, she helps shine a light on the importance of sibling research and support. Click here to access their webinars.

The Sibling Leadership Network offers information about state chapters and sibling conferences, as well as policy and advocacy tools to help adult siblings become informed advocates.

Sibshop is a curriculum-based support network used throughout the United States and around the world. It is the first national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns. To find a Sibshop or create your own, click here.

SibStrong is a growing digital and physical network that allows siblings of people with disabilities to connect with fellow siblings, access resources, and receive support. You can join meetups in person or online.