

Are You an Adult Sibling of an Individual with a Disability?



The University of Maine Center for Community Inclusion and Disability Studies (CCIDS), Maine's University Center for Excellence in Developmental Disabilities (UCEDD), is in the planning phase of forming a Maine chapter of the Sibling Leadership Network for adult siblings of individuals with disabilities.

Types of supports that adult siblings often find helpful:

- Opportunities to meet other adult siblings for peer support.
- Future planning: a transition plan for caring for a sibling when parents can no longer provide his or her care.
- Information about a sibling's healthcare needs, housing options, residential and employment supports and service options.
- Information about how to navigate the adult service system.
- Training and resources on how to help a sibling lead a more self-determined life.
- Stress management: how to manage a caregiver role while working full-time or raising a family (or both).
- Information and training about guardianship, conservatorship and special needs trusts.

Interested in learning more?

Please email **Sandra Horne, M.A.**
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SIBLING 
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