



Center for Community Inclusion
and Disability Studies

University Center for Excellence in Developmental Disabilities

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

What type of supports do you, as a sibling, need?

Opportunities to meet other adult siblings for peer support.

Future planning: a transition plan for caring for my sibling when my parents can no longer provide his or her care.

Information about my 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 my sibling lead a more self-determined life.

Stress management: how to manage my caregiver role while working full-time or raising my own family (or both).

Information and training about guardianship, conservatorship and special needs trusts.

More involvement in my sibling's service coordination.

More involvement in decision-making about my sibling.

Interested in learning more?

Please contact Sandra Horne: sandra.horne@maine.edu

SIBLING 
LEADERSHIP
NETWORK

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 Siblings Leadership Network for adult siblings of individuals with disabilities. If you're an adult sibling in Maine and interested in learning more, or you would like to become a member of this chapter, please contact Sandra Horne, CCIDS Coordinator for Community Engagement, at sandra.horne@maine.edu or call 207.581.1236 or 800.203.6957.

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