



## 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?

The University of Maine Center for Community Inclusion and Disability Studies (CCIDS), Maine's University Center for Excellence in Developmental Disabilities (UCEDD), is forming a statewide peer support network for Maine adult siblings of individuals with disabilities. Members of the Maine Sibling Network stay in contact, ask questions and share resources through a closed Facebook group.

### Types of supports that adult siblings often find helpful:

- Opportunities to meet other adult siblings for peer support.
- Information about 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 supported decision-making, guardianship, conservatorship and special needs trusts.

### Interested in learning more about the Maine Sibling Network?

Please email Sandra Horne at [sandra.horne@maine.edu](mailto:sandra.horne@maine.edu) (or) call 207.581.1236

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