

Including Siblings in Future Planning

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The Arc of New Jersey Family Institute

- The Arc of New Jersey Family Institute provides caregivers with the necessary resources and education to access the appropriate supports and services for their loved one.
 - The Supporting Siblings Project provides parents and organizations with the tools needed to support siblings throughout their life and offers siblings resources and community support.
 - Information and referral line for adult sibs
 - Request a speaker
 - Sibshops for young sibs
 - Ways to support sibs
 - Fact sheets, webinars and videos
 - Sibling Podcast Series
 - Information on Family Medical Leave specifically for sibs

bit.ly/supportingsiblingsproject



Supportive Initiative for Brothers and Sisters in New Jersey (SIBS NJ)

- **SIBS NJ** is the only organization in New Jersey dedicated solely to supporting and connecting the siblings of people with developmental disabilities and mental health issues. This grass roots organization seeks to enhance the quality of life for siblings of all ages and helps siblings connect with each other.
- **SIBS NJ Offers:**
 - Pop-up Workshops and Groups
 - Speakers
 - Adult Meet-ups
 - Connecting Online
 - Presentations
 - Email Alerts
 - Information and Referral



www.facebook.com/sibsnj

info_sibsnj@gmail.com

My Story

Meet Adam



Our Plan

1 | Guardianship/ Estate Planning

Parents and I share
guardianship

Special Needs Trust

Fund the trust

2 | Plan B

Plan NJ

1. Act as guardian
2. Trustee of the
SNT
3. Life Plan

3 | End of Life Planning

Adam's funeral
arrangements made

1. Burial Trust
2. Plot purchased

Parents

Ways to Include Siblings throughout their Life

- Talk about disability and involve sibs in the community
- Use resources (visit SIBS NJ and the Supporting Siblings Project websites)
- Be open to the issues – siblings fight and have their ups and downs, talk about them!
- Validate their experiences
- Introduce your sibs to other sibs
- Build in time just for them, if they want it
- TALK about the future
- Age appropriately, bring siblings to meetings (Ex. IEP, future planning)
- Plan for the future
- Discuss housing options
- Attend workshops, conferences and trainings together

Questions

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