



Supports for Adults

Siblings Australia is a national profit-for-purpose organisation promoting better support for siblings of children and adults with disability and their families.

The sibling relationship is potentially the longest of any we have. Each sibling relationship is unique, complex and can change over time, particularly when one sibling has a disability.

If you are an adult sibling of a person with disability, you might experience:

- Feelings of isolation
- Unresolved feelings from childhood, including guilt, anger and grief.
- Low self-esteem, or feeling unworthy of support.
- Worries about the future and your ongoing roles and responsibilities in your sibling's life.
- Challenges balancing your own needs with those of your brother/sister with disability.



How we can help

SibChat

Our SibChat Facebook group is a private group, exclusively for adult siblings to find support and connect with others who understand the sibling experience.

Scan the QR code to join



SiBConnect

Becoming a member of our SibConnect peer support groups provides you the opportunity to meet other adult siblings, share experiences and learn from each other, whether that be over bowling, coffee or dinner

Scan the QR code to learn more



One-on-one support sessions with trained facilitators. These sessions provide you with the opportunity to talk about your experience and work through some strategies that can assist you.

Scan the QR code to learn more



Siblings: Brothers and Sisters of Children with Disability. A book written by our Founder Kate Strohm, which provides insights, practical advice and support for siblings.

Scan the QR code to order your copy

