



Presented to  
Oklahoma Autism Network &  
Tulsa Autism Foundation  
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# Sibshops - The History

- ❖ Nationally
- ❖ Oklahoma
- ❖ The Killingsworth Family







# What are Sibshops?

**Sibshops** are opportunities for brothers and sisters of children with special health care needs and developmental disabilities to obtain peer support and education within a recreational context.





# Sibshops are...

- ❖ Events
- ❖ Lively, pedal to the metal celebrations
- ❖ Opportunity to give information
- ❖ Activities with discussion
- ❖ Fun
- ❖ Rewarding
- ❖ Peer Support
- ❖ Not Therapy



# Goals of Sibshops?

- ❖ Meet other siblings
- ❖ Discuss common joys and concerns
- ❖ Learn how others handle situations
- ❖ Learn of implications of their siblings' needs
- ❖ Provide professionals & parents an opportunity to learn more of siblings' concerns





# Unusual Concerns for Siblings

- ❖ Over identification
- ❖ Embarrassment
- ❖ Guilt
- ❖ Shame
- ❖ Isolation, Loneliness, and Loss
- ❖ Resentment
- ❖ Increased Responsibilities
- ❖ Pressure to Achieve





# Unusual Opportunities for Siblings

- ❖ Maturity
- ❖ Social Competence
- ❖ Insight
- ❖ Tolerance
- ❖ Pride
- ❖ Vocational Opportunities
- ❖ Advocacy
- ❖ Loyalty







# Information Needs of Siblings

- ❖ Vary by child's age
- ❖ Misconceptions about the situation
- ❖ Provide Needed Information
- ❖ Future
- ❖ Information at Sibshops



# Who Attends Sibshops?

- ❖ Developed for 8-13 year old sibs (have 2 groups - ages 6-9 and 10-13 meeting every other month)
- ❖ Adapted for younger or older age groups
- ❖ Diverse backgrounds
- ❖ Siblings of children with special health care needs and disabilities





# Leaders/Participants

- ❖ Anticipated number of participants per session is 25
- ❖ Desired leader-to-participant ratio 1:5
- ❖ Leaders consist of facilitators and volunteers
- ❖ Facilitators may receive a nominal fee per session





# What Roles are Involved?

- ❖ Service providers - social workers, special education teachers, psychologists, healthcare professionals, therapists and others
- ❖ Adult Siblings
- ❖ Anyone with knowledge of disabilities
- ❖ Possess a sense of humor and play
- ❖ Respect the siblings' expertise





# When are Sibshops Offered ?

- ❖ Good time is Saturday am \*
- ❖ Yearly
- ❖ Quarterly
- ❖ Monthly
- ❖ Weekly
- ❖ Series
- ❖ Stand Alone Events



# Schedule of Activities

- ❖ Trickle In - Use as participants are arriving
- ❖ Introductory - Introduce participants to each other
- ❖ Recreation - Promotes informal sharing and friendships among participants; can encourage participants to return
- ❖ Food - sharing and informal support occurs during the breaking of bread
- ❖ Discussion/Peer Support - will occur throughout workshop - allow siblings to discuss their lives with others who share similar experiences





# Funding/Sponsors?

- ❖ Any agency funding children with special needs can sponsor a Sibshop
- ❖ Initial Funding
- ❖ Ongoing Funding





# What's Next - Short Term?

- ❖ Guest entertainment - such as clown, magician
- ❖ Summer Celebration Kick-Off for both ages combined
- ❖ Seek additional sponsorship







# What's Next - Long Term?

- ❖ Special activities/field trips - zoo, picnics
- ❖ Each age group meet monthly during school year
- ❖ Separate Sibshops Oklahoma into specialized groups:
  - Siblings of children with special healthcare needs
  - Siblings of children with disabilities
  - Siblings of children with cancer, etc





# Questions/Comments





# Contact

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