COVID-19: BEING A SIBLING TO A PERSON WITH A DISABILITY

SATURDAY, MARCH 21ST
THINGS TO FACTOR IN

• AGE OF SIBLING
• DEVELOPMENTAL AGE
• DO THEY LIVE ALONE?
• DO THEY NEED CARE-TAKERS?
• IS THEIR LIFE DISRUPTED?
• DO YOU LIVE WITH YOUR SIBLING?
THINKING ABOUT

• AN OVERLOADING OF INFORMATION

• ISOLATION (EVENTS AND THINGS AROUND US BEING CANCELLED THAT ARE OUT OF OUR CONTROL).

• REGULAR FEELING ARE PUT ON HOLD

• A LOT OF US ARE BEING FORCED TO SPEND MORE TIME WITH OUR FAMILIES AND SIBS.

• SIBS AND OWN FAMILIES

• PEOPLE ARE BEHAVING UNCHARACTERISTICALLY

• MEDICAL CONDITIONS OF OUR SIBS AND BEING HIGH RISK
HOW THIS IMPACTS OUR MENTAL HEALTH

- OUR BASIC NEEDS
  - CONNECTION
  - FREEDOM
  - FUN/JOY
  - POWER/SIGNIFICANCE
  - SURVIVAL/SAFETY

- THE PICTURE IN OUR HEADS OF HOW LIFE SHOULD BE

- NOT BEING ABLE TO CONTROL SO MUCH
PROTECT YOURSELF

• AGAINST PROVIDERS WHO COME IN TO YOUR HOME TO CARE FOR YOUR SIB
• KNOW YOUR RESOURCES
• YOUR SPACE AND YOUR MENTAL HEALTH
• PUT YOUR OXYGEN MASK ON FIRST
MENTAL HEALTH

• HAVE A SCHEDULE
• DRESS UP ANYWAY!
• ENJOY THE LITTLE THINGS
• MAKE MEALS A SPECIAL OCCASION
• THINK ABOUT ENTERTAINMENT
• GET YOUR FACTS RIGHT
• DOES PANICKING SERVE YOU?
• AVAILABILITY HEURISTIC
• WE ARE PROCESSING THREATS BASED ON HOW WE ARE GETTING THE INFORMATION. INFORMATION SKEWS PERCEPTION
• ATTITUDE OF GRATITUDE
• SENSE OF HUMOR
WHAT OUR SIBS MAY EXPECT FROM US

• ALL OF THEIR NEEDS!
  • STABILITY
  • SAFETY
  • ENTERTAINMENT
  • FUN
  • A VOICE
  • PROTECTION
  • ROUTINE

• IT’S OK TO TELL THEM WE DON’T KNOW

• DEPENDING ON THEIR DEVELOPMENT, THEY MIGHT NOT UNDERSTAND. THINGS MAY BE DIFFERENT

• RECOGNIZE THAT YOU CAN’T NECESSARILY TAKE AWAY THE SCARY
HOW DO YOU BLEND YOUR NEEDS?

• SURVIVAL/SAFETY FIRST
  • REMEMBER, THIS IS YOUR PRIORITY-IT MIGHT NOT BE SHARED BY YOUR SIBLING

• IT’S OK TO BE UNSURE AND TO WING IT

• DECIDE ON HOW MUCH INFORMATION YOU WILL SHARE

• ASK THEIR NEEDS IF YOU CAN

• TALK ABOUT IT IF YOU CAN
I CANNOT CONTROL
(So, I can LET GO of these things.)

I CAN CONTROL
(So, I will focus on these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS
HOW LONG THIS WILL LAST

PREDICTING WHAT WILL HAPPEN
HOW OTHERS REACT

MY POSITIVE ATTITUDE
TURNING OFF THE NEWS

HOW I FOLLOW CDC RECOMMENDATIONS
LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING
MY KINDNESS & GRACE

OTHER PEOPLE'S MOTIVES
FINDING FUN THINGS TO DO AT HOME

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