

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.)

IF OTHERS
FOLLOW THE
RULES OF SOCIAL
DISTANCING

THE AMOUNT
OF TOILET
PAPER AT THE
STORE

I CAN CONTROL

(So, I will focus on these things.)

THE
ACTIONS
OF
OTHERS

MY POSITIVE
ATTITUDE

TURNING
OFF THE
NEWS

FINDING FUN
THINGS TO DO
AT HOME

HOW
LONG
THIS
WILL
LAST

HOW I FOLLOW CDC
RECOMMENDATIONS

LIMITING MY
SOCIAL MEDIA

MY OWN SOCIAL
DISTANCING

MY KINDNESS &
GRACE

PREDICTING
WHAT WILL
HAPPEN

HOW
OTHERS
REACT

OTHER
PEOPLE'S
MOTIVES

