

SIBLING EXPERIENCES

These findings are from a study exploring the experiences of siblings of people with intellectual disabilities in Latin America, Africa and Asia Pacific.



RELATIONSHIPS

Siblings of people with intellectual disabilities report that Special Olympics helps them to be more accepting. To them, Special Olympics provides them with moments to bond with their sibling.



“Since I am a unified partner with my team, [my brother] calls me and supports me. And when he is in his competition, I am the one who goes and supports him. So, it is a mutual support and I think it is very positive.”

STIGMA

Siblings face challenges with stigma from the community. They notice that community members are fearful of their siblings with intellectual disabilities.



“We must change the perspective of the society first, because the society is the illness.”

RESPONSIBILITY

Many siblings feel a sense of increased responsibility. Caring for a sibling with an intellectual disability can be challenging. Some siblings also feel obligated to change their communities' attitudes.

“I feel more responsible because I know that I can help different people to raise awareness and include people with disabilities.”

SUPPORT NEEDED

“[Special Olympics] is always important, and it really is a great instrument.”

Siblings want more awareness of Special Olympics in their communities. They want to improve acceptance of people with intellectual disabilities.



Siblings are often fearful and uncertain about their future care taking roles. Siblings suggest parents start discussions early on.

“My mom and my dad won't be there forever ... I'm still being so insecure for sure. Like, can [my sister] survive in life?”