



Supporting Siblings

National and North Carolina Resources for Adult Siblings of People with Disabilities



The Sibling Leadership Network (SLN) and First In Families of North Carolina (FIFNC) have compiled a list of resources for adult siblings who have brothers and/or sisters with disabilities. This resource guide provides local and national supports systems for adult siblings.



First In Families of North Carolina

Our mission is to help people with disabilities and their families to Believe in their dreams, Achieve their goals, and Give Back to others. We assist children and adults to be more

involved and contributing members of their communities by helping them meet current goals, plan for the future, acquire needed goods and services, and find opportunities to give back to others. **Learn more at www.fifnc.org**

The Arc's Center for Future Planning



For people with intellectual and developmental disabilities

The Arc of the U.S. has created a Center for Future Planning that offers insight, guidance and assistance for families and individuals at

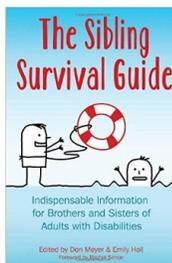
various stages of future planning. Find more information for sibs at:

<http://tinyurl.com/ArcFuturePlanning>

Sibling Leadership Network

Our mission is to provide siblings of individuals with disabilities the information, support and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families. Join the network and get connected!

Learn more at www.siblingleadership.org



Sibling Survival Guide

This book focuses on the topmost concerns identified in a survey of hundreds of siblings including information and anecdotes about finding support and services for you and your brother or sister with disabilities, planning for the future, and many other topics related to siblings of people with disabilities.

<http://tinyurl.com/SibSurvivalGuide>

SibNet

Connect with adult brothers and sisters of people with disabilities from across the country and around the world through this online community. To join SibNet, visit the link below.



<http://tinyurl.com/SibNetList>



This resource list is funded by First In Families of North Carolina and the North Carolina Council on Developmental Disabilities

North Carolina Resources for Siblings of People with Disabilities

First In Families of North Carolina (FIFNC)

919.251.8368 | www.fifnc.org

Provides family support to individuals with disabilities and their families living in the community.

FIFNC's Lifetime Connections

919.251.8368 Ext. 102 | www.fifnc.org/programs/connections.html

Offers unique, and customized supports and future planning assistance to people with disabilities and their families. Provides wills and personal support networks, estate planning workshops, and alternatives to guardianship.

The Power of the Dream, Inc.

919.348.9763 | www.thepowerofthedream.org

Provides employment opportunities and support to adults with I/DD and Autism in the Triangle.

The Arc of NC

1.800.662.8706 | www.arcnc.org

Provides resources, services, advocacy, and support to individuals with developmental disabilities and their families.

North Carolina Guardianship Association

1.800.662.8706 | www.nc-guardian.org

Trains and supports individuals who are court-appointed guardians for persons who have no family members or friends to provide support.

Life Plan Trust

919.589.0017 | www.lifeplantrustnc.org

Works with families of individuals with disabilities to develop plans for future care, manages pooled trusts, and can serve as trustee for funds designated for your family member's benefit.

North Carolina Division on Aging and Adult Services (DAAS)

919.855.4300 | www.ncdhhs.gov/aging

Works to promote independence and enhance the dignity of North Carolina's older adults, persons with disabilities, and their families through a community based system of opportunities, services, benefits, and protections.

Area Agencies on Aging (AAA)

919.733.3983 | www.fullcirclecare.org/nc/aaanc.html

NC AAAs offer advocacy, planning, program and resource development, information brokerage, and funds administration and quality assurance.

North Carolina Council on Developmental Disabilities

919.850.2901 | www.nccdd.org

Mission is to ensure that people with developmental disabilities and their families participate in the design of and have access to culturally competent services and supports as well as other assistance opportunities which promote inclusive communities.

Disability Rights North Carolina (NC Protection & Advocacy Agency)

1.877.235.4210 | www.disabilityrightsncc.org

Provides advocacy and legal services at no charge for people with disabilities across North Carolina, as the state's federally mandated protection and advocacy system.

Local Management Entities/Managed Care Organizations (LME/MCO)

www.ncdhhs.gov/mhddsas/lmeonblue.htm

Community based services for people with intellectual/developmental disabilities are managed through a network of LME/MCOs that oversee and manage local services. Find your local LME/MCO by visiting the site above.

Department of Mental Health/Developmental Disabilities/Substance Abuse Services

1.855.262.1946 | <http://www.ncdhhs.gov/mhddsas/services/index.htm>

NC state government entity that regulates, sets policy, and oversees allocation of state funding to regional LME/MCOs and other entities serving people with developmental disabilities (or mental health or substance use disorders). Find more information at the website above.