



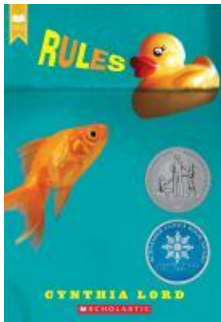
Where are you on your journey? Resources for Siblings of an Autistic Individual

FOR CHILDREN

Autism, My Sibling, and Me (*workbook for children ages 5 – 10*) – Published by the Organization for Autism Research. You can download the workbook or order a paperback copy free-of-charge by completing a form on OAR’s website.

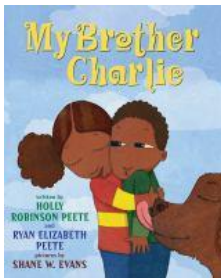
<https://researchautism.org/families/sibling-support>.

BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY



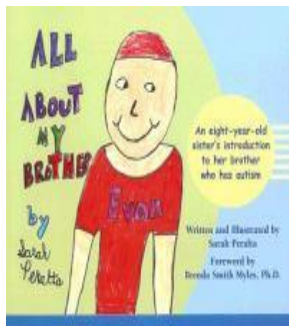
Rules by Cynthia Lord. J Lord.

Catherine, a 12-year-old girl, loves her autistic brother David. But she often feels that her parents, focused on special care for David, forget that she exists, too.



My Brother Charlie by Holly Robinson Peete. E Peete.

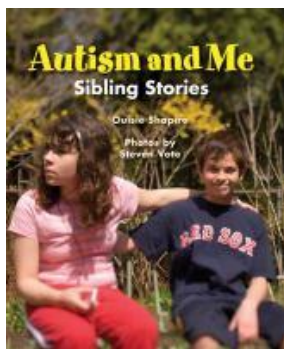
A girl tells what it’s like living with her twin brother who has autism. Includes author’s note about autism.



All About My Brother: An Eight-Year-Old Sister's Introduction to Her Brother Who Has Autism by Sarah Peralta.

J 616.8982 Pera.

Through her simple descriptions of her brother Evan's everyday behavior, Sara encourages others to approach autism without fear or pity.



Autism and Me: Sibling Stories by Ouisie Shapiro.

J 616.8982 Shap.

In these essays, children describe what it's like to have siblings who have autism. Sometimes they can't talk much. Sometimes they have tantrums. It can be tough for a family, but there are happy surprises, too.

FOR TEENS

Life as an Autism Sibling: A Guide for Teens – Published by the Organization for Autism Research. You can download the guide or order a paperback copy free-of-charge by completing a form on OAR's website.

<https://researchautism.org/families/sibling-support>.

SibTeen (Facebook Group)

FOR ADULTS

Sibling Leadership Network (*organization*) – Has a podcast, videos of siblings' stories, and resources for siblings of all ages. <https://siblingleadership.org>

Siblings with a Mission (*organization*) – Contains online stories of siblings' experiences, a web and video chat forum where siblings can connect with others who share their experiences, and sibling workshops and family conferences.

www.siblingswithamission.org

FACEBOOK GROUPS

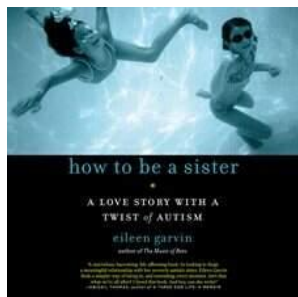
Sib20

SibNet

SIBS NJ

AUDIOBOOK AVAILABLE THROUGH HOOPLA

Hoopla is an app that can be downloaded onto a tablet or smartphone. It's compatible with Apple, Android (6.0+), and Kindle Fire devices. You must have an Ocean County Library Card, and less than \$25 in fines, to use **hoopla**.



How to Be a Sister: A Love Story with a Twist of Autism
by Eileen Garvin.

In this memoir, Eileen Garvin describes growing up with Margaret, her severely autistic older sister. Now, Eileen tentatively tries to reconnect with Margaret as an adult.