

## 4.3

**Does your brother or sister have a disability?**

**Do you need someone to talk to that understands what it is like to have a sibling with a disability?**

There are groups that are made up of just people who have a brother or sister with a disability. They meet and hang out to have some time dedicated to just them. To find one near you the following people will be able to help:

**Northern Parent Support Program**  
9385 3235

**Parent to Parent Western**  
9680 8444

**Association for Children with a Disability**  
9818 2000

There are websites specifically for people who have a brother or a sister with a disability.

[www.yourshout.org.au](http://www.yourshout.org.au)  
[www.siblingsaustralia.org.au](http://www.siblingsaustralia.org.au)

If you would like to talk to someone other than your parents about stuff and aren't sure who to go to why not talk to one of the following:

**Student Welfare Councillor at your school**  
**Youth Workers at your local Council**  
**Kids Helpline 1800 55 1800**

<http://www.cmag.org.au>

**Do you sometimes feel like you need to have a break?**

There are some organisations that offer recreational activities and camps specifically for brothers and sisters of people with a disability. Talk to your Mum or Dad about how you can get involved.

**Try Youth** and **Kids Who Care** offer a one-week camp to siblings of people with a disability. Contact Try Youth on 9347 2655 for more information or visit their website [www.tryyouth.org.au](http://www.tryyouth.org.au)

**Interchange** run occasional camps and outings for kids who have a sibling with a disability and need a break. You can contact head office to find out more on 1300 300 436

**Melbourne Citymission** currently runs supportive groups for kids who have a sibling with a disability. For more information call 9385 3200.

**Abercare Family Services** run a sibling program for kids living in the western suburbs who have a brother or sister with a disability. Contact Abercare on 9373 3800 for more information about this program.

**Would you like to be able to do stuff with your brother or sister?**

There are activities that are designed for both people with a disability and their brothers and sisters to attend. These include:

The **Kids Under Kanvas** camps and recreation activities are for both people with a disability and their brothers and sisters. For more information call 9662 2355

The **Don Bosco Youth Centre** in Brunswick has a number of different activities that welcome people of all ability. You can contact them on 9383 5333 or go to [www.donbosco.org.au](http://www.donbosco.org.au)

**Do you help to look after your brother or sister?**

The **Commonwealth Carer Respite Centre** CarerLinks North (northern suburbs) and Respite Connections (western suburbs) provide support programs for young carers. If you help care for your brother or sister give them a call on 1800059059 to get further information.