

Siblings aged 55+

1. **Siblings have to juggle competing demands and challenges** throughout their lives, however these can increase with age.
2. **Siblings in their midlife may be ‘sandwich carers’** (caring for older parents and teenage/adult children or grandchildren) alongside caring for their autistic and/or disabled brother/sister. They may be navigating their own ageing process and their brother/sister’s too. Their parent(s) may have died, and they may be the only remaining relative for their brother/sister. Read more about [being a sibling carer](#).
3. **Midlife siblings may also feel more confident** as a sibling through years of experience, may have developed strong social support/resources and may be enjoying their own good health and opportunities. They may have a wealth of knowledge about health and social care. Find out more about topics like mental capacity and managing finances in our [guides for adult siblings](#).
4. **The feelings of midlife siblings can be complex** and may be shaped by a heightened awareness of the passing of time. Feelings vary widely for siblings. Whatever you feel, know that it’s valid and that you’re not alone. [Read more about feelings like guilt, anger, sadness and worry](#). Many siblings [find counselling helpful](#) in processing their feelings too.
5. **Midlife siblings** often want to meet others in similar situations, as it can really help to meet people who just ‘get’ what sibling life is like. [Join an adult sibling support group](#) or join our [private Facebook community](#).