

## Being the main carer for your brother or sister who has a learning disability

1. **Be confident.** You do have the knowledge, you do have the expertise and you have built up years of experience on your brother or sister's medical, behavioural, communication and personal needs. You will most likely have the longest standing relationship with your brother or sister across their life-span - your voice deserves to be heard.
2. **Your needs matter.** Siblings are used to coming second (or third, or fourth...) to someone else's needs. Remember to put your own oxygen mask on first. You cannot look after others if you become burnt out and ill.
3. **Tell your GP** that you are a carer and ask them to record this on your file. Some GP surgeries will offer specific support groups or information events for carers. Talk to your GP about any stress you are experiencing as a carer.
4. **Get more information** online. Health and social care topics can be complex and lengthy - search for a 'plain English guide' or an 'easy read guide' to find something more straightforward. Don't be afraid to ask, ask, and ask again. You won't be the first person to have asked the question and you won't be the last.
5. **Get more emotional support.** There are 1.3 million adult siblings of people with learning disabilities in the UK - we must remember we are not alone. Join an online support group for adult siblings at [www.sibs.org.uk](http://www.sibs.org.uk)