

*Sibling services
available to brothers
and sisters of people
with developmental
disabilities.*



AHRC New York City
83 Maiden Lane
New York, NY 10038
www.ahrcnyc.org

Charitable contributions will be gratefully accepted by the AHRC New York City Foundation, Inc., at this address.

AHRC
New York City

Sibling Services at AHRC

Serving people
with developmental
disabilities and
their families

What are Sibling Services?

The brothers and sisters of people with developmental disabilities can often benefit from professional assistance and peer support. AHRC is unique in the wide range of services that it offers to siblings, both children and adults.

What Services are Offered?

- **Sibshops:** These are activity based events for brothers and sisters ages 5-13 which provide professionally guided opportunities for peer support and education.
- **Adult Sibling Support Group:** Meets at our Main Office once a month. Call for exact time.
- **Adult Sibling Book Discussion Group (ages 18 and up):** Meets for brunch monthly to discuss a selected book related to Sibling issues and experiences. Adult siblings run this group.
- **AHRC Sibling Network:** This monthly update keeps members informed of group discussions and upcoming events, meetings and programs.
- **Counseling and Consultation Services:** This includes individual, couple, group and family counseling services regarding sibling related issues.
- **Resources Materials For Siblings:** A variety of information related to sibling needs including bibliographies for children and adults, articles, curriculum guides and information for parents are available.

- **SIB:** The Sibling Information Bulletin, a publication of the Sibling Committee of the AHRC Board of Directors, is published periodically and provides in depth information on issues of interest to adult siblings.

Where are Sibling Services Provided?

Many AHRC Sibling Services are offered at sites throughout the five boroughs of New York City. Some, however, are provided only at 83 Maiden Lane, lower Manhattan. Please call for details.

Who is Eligible for Sibling Services?

Sibling services can be made available to brothers and sisters of individuals with developmental disabilities, regardless of whether their disabled sibling receives services at AHRC.

Payment

Various counseling services for siblings, including individual, group and family counseling, are covered by Medicaid and/or Medicare or other forms of insurance. However, many of the sibling events occurring during the year are provided free of charge or at a minimum fee.

Obtaining Services

Children must be registered in advance for Sibshops. Adult siblings may receive information about upcoming events and scheduled meetings by placing their names on the mailing list. To register or to obtain information about services, please call the Sibling Services Coordinator at **(212) 780-2592**.

Other Services Available

In addition to the services described above, AHRC offers a number of related services that may be of interest to siblings including:

- Service Coordination
- Family Reimbursement
- Overnight Respite
- Legal Services (including guardianship and estate planning)

additional information

For additional information about these or other AHRC services, please call us at **(212) 780-2592**.