

Building the Foundation for a Maine Chapter of the Sibling Leadership Network

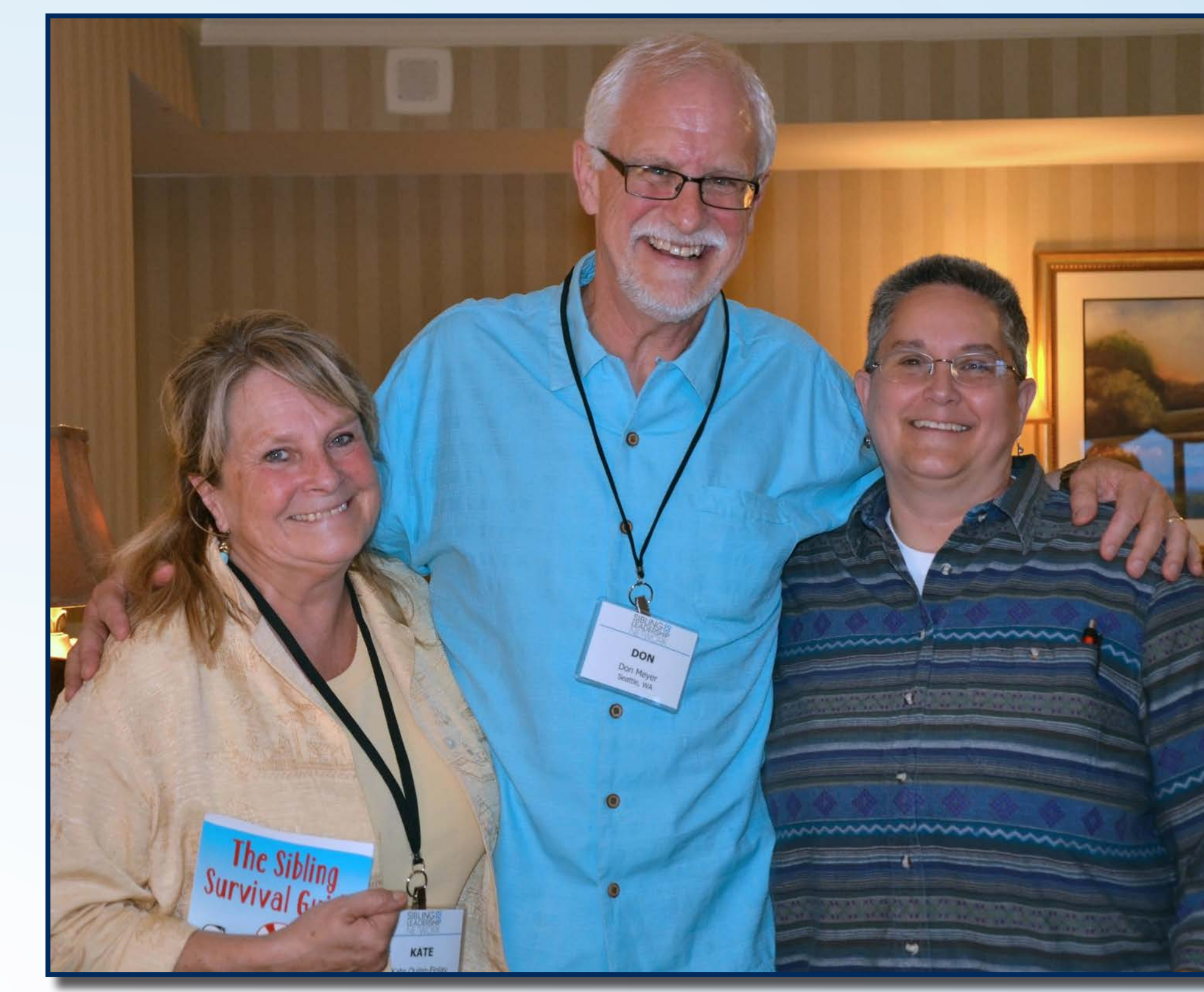
Kate Quinn Finlay, MS, LSW - 2014-2015 NH LEND Community Fellow

Learning

- Reviewed literature related to the development of state and national networks.
- Interviewed professionals and family members regarding interest in participation in sibling peer support group.
- Collaborated with organizations to develop contact lists.
- Participated in regional and national phone conferences to research support network/group startup. Joined national sibling networks.
- Participated in Sibling Leadership Network meeting at the April 2015 Disability Policy Seminar in Washington, DC.
- Followed up with contacts made on the state and national level to promote formation of Maine chapter.
- Attended the May 2015 National Sibling Leadership Network Conference in Louisville, Kentucky.



Attending ME UCEDD event with my sister, Kerry Quinn

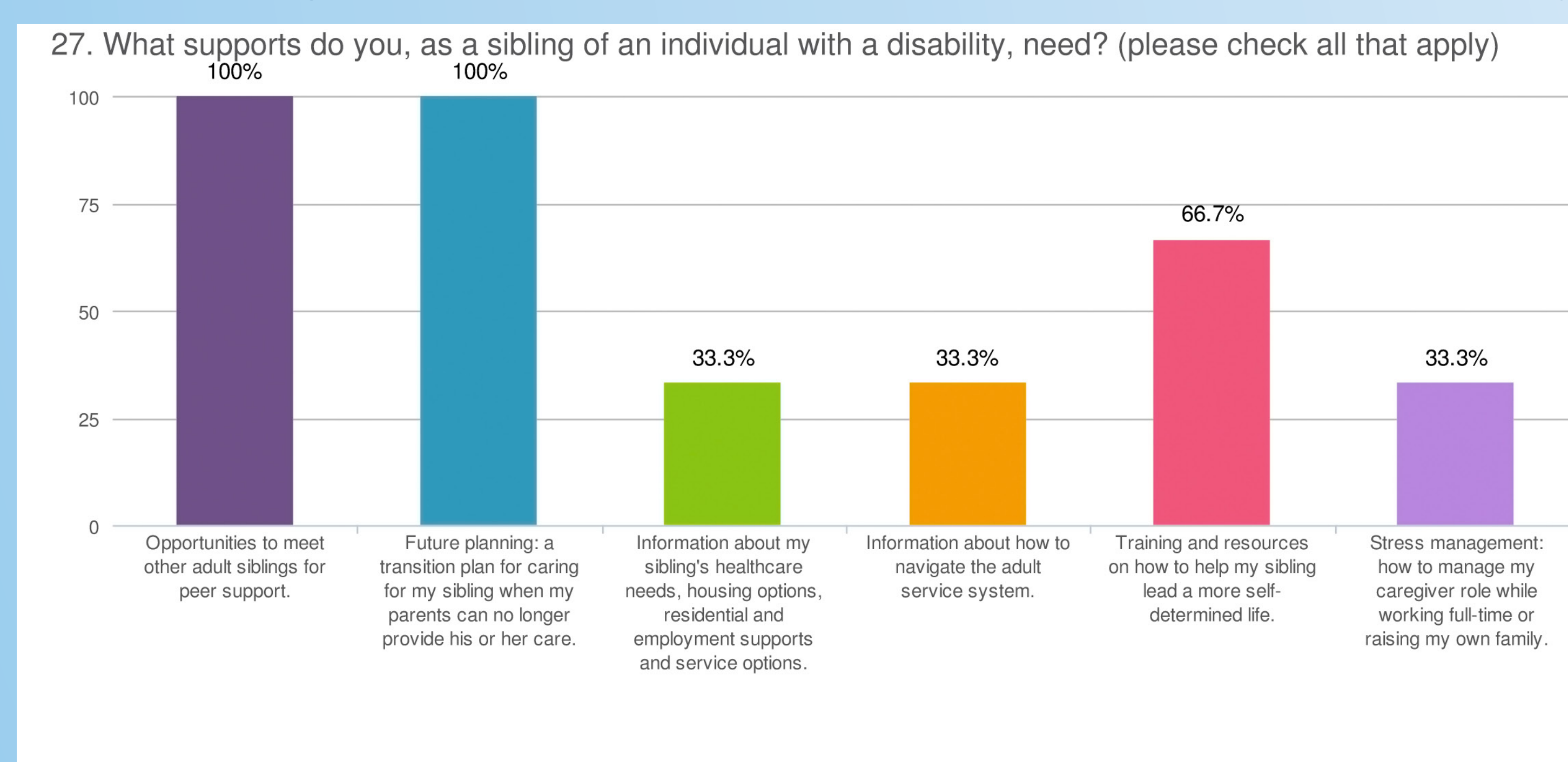


With Don Meyer and Sandra Horne - May 2015 SLN Conference

Leadership

- Initiated collaborations with local and statewide potential partners.
- Planned for Maine-focused chapter recognizing rural communities and need for technology.
- Integrated information and best practices from other state chapters.
- Collaborated on a local, state and national level to help build the foundation for the Maine chapter.
- Drafted an implementation plan.
- Presented information to human services, community and civic agencies and organizations regarding important and relevant sibling issues.

Reviewed sibling responses from Fall 2014 Maine Developmental Services OAB Survey



THE UNIVERSITY OF MAINE
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Are You an Adult Sibling of an Individual with a Disability?

The University of Maine Center for Community Inclusion and Disability Studies (CCIDS), Maine's University Center for Excellence in Developmental Disabilities (UCEDD), is forming a statewide peer support network for Maine adult siblings of individuals with disabilities. Members of the Maine Sibling Network stay in contact, ask questions and share resources through a closed Facebook group.

Types of supports that adult siblings often find helpful:

- Opportunities to meet other adult siblings for peer support.
- Information about future planning: a transition plan for caring for a sibling when parents can no longer provide his or her care.
- Information about a sibling's healthcare needs, housing options, residential and employment supports and service options.
- Information about how to navigate the adult service system.
- Training and resources on how to help a sibling lead a more self-determined life.
- Stress management: how to manage a caregiver role while working full-time or raising a family (or both).
- Information and training about supported decision-making, guardianship, conservatorship and special needs trusts.

Interested in learning more about the Maine Sibling Network?
Please email Sandra Horne at sandra.horne@maine.edu (or) call 207.581.1236

The University of Maine is an equal opportunity/affirmative action institution.
Updated: 10/26/15

Co-developed informational flyer with Maine UCEDD

SIBLING LEADERSHIP NETWORK

A Guide for Sibling Chapters

Great guidance from the Sibling Leadership Network!

Great guidance from the Sibling Leadership Network!

MAINE SIBLING NETWORK
FACEBOOK GROUP
LAUNCHED OCTOBER 2015!

