

# Social and Emotional Support for Siblings of Children with ASD

Alison Kolber-Jamieson M. S. Ed. and  
Susan Davies Ed. D.

University of Dayton  
Department of Counselor Education and Human Services

## ABSTRACT

This study examined the experiences of siblings of children with ASD with the goal of developing school-based supports and resources. This poster allows practitioners, researchers, and school psychology graduate students the opportunity to discuss the study's results and to gain resources to support students in their school community.

## METHODS

This study utilized a semi-formal interview protocol, created by the primary investigator. Participants included siblings of individuals with ASD. All participants were between the ages of 10 and 24.

## RESULTS

Participants described social and emotional issues that arose from living with an individual on the autism spectrum, what systems of support they accessed and benefitted from, and barriers to competent family-centered care. In exploring the social and emotional issues faced by siblings of individuals with ASD, analysis of the interview transcripts revealed five broad themes:

- Anxiety/stress
- Depression
- Guilt
- Isolation
- Anger/resentment

# Siblings of Children with autism spectrum disorder frequently experience a higher level of social-emotional issues when compared to siblings of typically developing children.



Take a picture for the full paper.

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kolbera1@udayton.edu

## MENTIONABLE QUOTES

*"I struggled with feeling like my parents paid more attention to him and some of my other siblings than they did me. At the time I thought it was just because he was younger and had some issues and so I was like I don't understand why I can't have that same amount of attention and I desired that closeness with my parents."*

*"Sometimes I feel like, why is he the one who has autism and not me or I would feel guilty... I think that's probably the most difficult part is making sure you're managing both your needs while also prioritizing theirs."*

*"I googled once, just because I was curious, 'autism family resources' and all the stuff that popped up was for parents. And that's not the whole family. So it would be nice to be included more in the services."*

*"If I have a bad day or something or {my brother} is being really difficult one day, sometimes I just need people to understand. But nobody really seems to get it."*

*"There wasn't an outlet for people who had siblings. There were lots of resources for the siblings on the spectrum, but there weren't a lot of places for us to talk about our experience."*

## RECOMMENDATIONS FOR PRACTICE

- Support groups
- Inclusion of sibling in treatment
- Accessible resources/literature



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