The Sibling Leadership Network (SLN) and First In Families of North Carolina (FIFNC) have compiled a list of resources for adult siblings who have brothers and/or sisters with disabilities. This resource guide provides local and national supports systems for adult siblings.

**First In Families of North Carolina**
Our mission is to help people with disabilities and their families to Believe in their dreams, Achieve their goals, and Give Back to others. We assist children and adults to be more involved and contributing members of their communities by helping them meet current goals, plan for the future, acquire needed goods and services, and find opportunities to give back to others. Learn more at www.fifnc.org

**Sibling Leadership Network**
Our mission is to provide siblings of individuals with disabilities the information, support and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families. Join the network and get connected! Learn more at www.siblingleadership.org

**Sibling Survival Guide**
This book focuses on the topmost concerns identified in a survey of hundreds of siblings including information and anecdotes about finding support and services for you and your brother or sister with disabilities, planning for the future, and many other topics related to siblings of people with disabilities.

http://tinyurl.com/SibSurvivalGuide

**SibNet**
Connect with adult brothers and sisters of people with disabilities from across the country and around the world through this online community. To join SibNet, visit the link below.

http://tinyurl.com/SibNetList

---

This resource list is funded by First In Families of North Carolina and the North Carolina Council on Developmental Disabilities.
North Carolina Resources for Siblings of People with Disabilities

☐ First In Families of North Carolina (FIFNC)
  919.251.8368 | www.fifnc.org
  Provides family support to individuals with disabilities and their families living in the community.

☐ FIFNC’s Lifetime Connections
  919.251.8368 Ext. 102 | www.fifnc.org/programs/connections.html
  Offers unique, and customized supports and future planning assistance to people with disabilities and their families. Provides wills and personal support networks, estate planning workshops, and alternatives to guardianship.

☐ The Power of the Dream, Inc.
  919.348.9763 | www.thepowerofthedream.org
  Provides employment opportunities and support to adults with I/DD and Autism in the Triangle.

☐ The Arc of NC
  1.800.662.8706 | www.arcn.org
  Provides resources, services, advocacy, and support to individuals with developmental disabilities and their families.

☐ North Carolina Guardianship Association
  1.800.662.8706 | www.ncguardian.org
  Trains and supports individuals who are court-appointed guardians for persons who have no family members or friends to provide support.

☐ Life Plan Trust
  919.589.0017 | www.lifeplantrustnc.org
  Works with families of individuals with disabilities to develop plans for future care, manages pooled trusts, and can serve as trustee for funds designated for your family member’s benefit.

☐ North Carolina Division on Aging and Adult Services (DAAS)
  919.855.4300 | www.ncdhhs.gov/aging
  Works to promote independence and enhance the dignity of North Carolina’s older adults, persons with disabilities, and their families through a community based system of opportunities, services, benefits, and protections.

☐ Area Agencies on Aging (AAA)
  919.733.3983 | www.fullcirclecare.org/nc/aaanc.html
  NC AAAs offer advocacy, planning, program and resource development, information brokerage, and funds administration and quality assurance.

☐ North Carolina Council on Developmental Disabilities
  919.850.2901 | www.nccdd.org
  Mission is to ensure that people with developmental disabilities and their families participate in the design of and have access to culturally competent services and supports as well as other assistance opportunities which promote inclusive communities.

☐ Disability Rights North Carolina (NC Protection & Advocacy Agency)
  1.877.235.4210 | www.disabilityrightsnc.org
  Provides advocacy and legal services at no charge for people with disabilities across North Carolina, as the state’s federally mandated protection and advocacy system.

☐ Local Management Entities/Managed Care Organizations (LME/MCO)
  www.ncdhhs.gov/mhddas/lmeonblue.htm
  Community based services for people with intellectual/developmental disabilities are managed through a network of LME/MCOs that oversee and manage local services. Find your local LME/MCO by visiting the site above.

☐ Department of Mental Health/Developmental Disabilities/Substance Abuse Services
  1.855.262.1946 | http://www.ncdhhs.gov/mhddas/services/index.htm
  NC state government entity that regulates, sets policy, and oversees allocation of state funding to regional LME/MCOs and other entities serving people with developmental disabilities (or mental health or substance use disorders). Find more information at the website above.