

# SIBLING ROADMAP

Being a sibling of someone with a rare disease can bring up a lot of different emotions. This map was created for siblings like you to show that YOU are not alone.

## People YOU Can Turn to for Support

- Parents or caregivers
- Friends
- Teachers
- Coaches
- Guidance counselor
- Summer camps for siblings
- Sibling support groups
- Sibling groups at conferences
- SibShop groups

## Resources That Were Created Just for Siblings Like YOU

- Support groups
- Sibling camps
- Patient Advocacy Organizations of your siblings' rare disease
- Sibling Support Project  
<https://siblingssupport.org/>
- Local Sib Shop  
<https://siblingssupport.org/sibshops/find-a-sibshop-near-you/>
- Siblings with a Mission  
<http://www.siblingswithamission.org/>

## Things YOU Can Do As A Sibling

- Find a healthy way to express your feelings
- Be open and honest about your feelings with parents or caregivers
- Find ways to connect with your brother or sister
- Find someone you trust that you can talk to
- Ask questions if you are wondering or are unsure about something

## Emotions Siblings May Experience

- Guilt
- Anxiety
- Jealousy
- Anger
- Fear
- Frustration
- Confusion
- Worry
- Embarrassment
- Sadness
- Responsibility

Connect with resources to help guide you through this journey

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[www.ptcinsightfulmoments.com/](http://www.ptcinsightfulmoments.com/)

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