Coping with Sibling who Has <u>Disabilities</u>

4th June 2014

Family History

- Aunt has a daughter with Autism
- Cousin sister has a son with Autism
- My sister is an Autistic girl
- Cousin brother had a son with Trisomy 18
 (Edwards Syndrome) passed away 2 months ago.

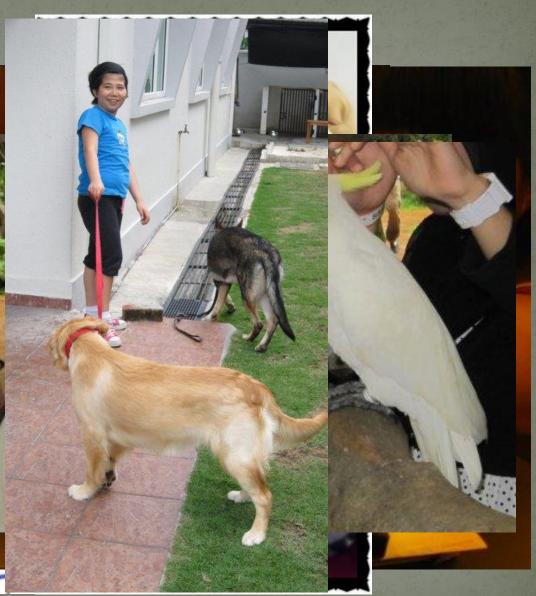
Profile

- 17 years old
- Born premature
- Attended SK Pinji Ipoh
 (Primary 1- 6)
- Attending ASAP (Autism Support Association for Parents) Special School & SMKJPP Ipoh(special class)
- Like: Music, drawing, outdoor activities like swimming, hiking and travelling.
- Learning piano, drum & Ukulele.









Her Problems

- Poor motor planning skill.
- Dislikes the texture of the ground, esp. cemented & carpeted floor/ groundrefused to sit during assembly etc.
- Impatient.
- Prefers playing alone.





Her Talents

- Drawing comics
- Balancing- stand on a swimming board in the pool.
- Music
- Creative/ Imaginative
- Brave

Experiences in Schools

- Kindergarten (since 4 years old)
 - First kindergarten: Being ignored & often sat at the reading corner.
 - Second Kindergarten: Well accepted and being taught well
- Primary School (since 7 years old, delayed 2 years)
 - First year: A lot of behavior problems (took off shoes & socks, cried in the class, refused to copy from board, rejected by form teacher, being bullied in school)
 - Second year: attended special class
 - Third year: went back to mainstream class (standard 2)
- Secondary school (since 14 years old)
 - Loved by teachers
 - Opportunities to perform & participate in National Quiz in Melaka

How I got Involved

 2 years old—Speech therapist—closest sibling eye contact activity—singing

Part time job after SPM in New Horizons

Became her tutor at home

My Major Struggles

- Expectation from parents— to help her with her homework every night (even weekends)
- People around expect you to be able to handle her.

Past Struggles

- Swimming
- Shopping
- Special outings: movie, theme park.
- Behavior in school
- At home: noise, crying (365 days, few times in a day).

- Self- care: dry at night, make bed & brush teeth (revised "economy system")
- Lack of cooperation from dad: too protective & dislikes her crying

Church: Sunday School

Hair cut

Struggles: Swimming

- Couldn't wait
- Jumped from the highest board into the pool for diving. (w/o knowledge of diving)
- Ran up and down the stairs and then jumped from above without taking other ppl into consideration.
- All the life guards and staffs knew her.
- Being Gossiped

Shopping & Movie Outing

Lied on the floor

• Threw a book down from 3rd floor to ground floor

• Go up and down the escalator

Self-care Issue

- Shared room—wet her bed—smelled—kept her bed—chart with dates & day—Tick if she did, cross if she didn't.
- Brush teeth- morning & night- chart- tick & cross- reward/ punishment

Strategies

- Social story books
- Visual cards
- Time out— e.g. (in the toilet) during movie outing and church activities
- Pre- planned schedule

- Talk before anything else
- Distraction: comic books, arrive later/ on time, paper & pen.
 - Sentence Strips (to request help)

Current Challenges

- Helping her to understand that she is a teenager now.
- Protect herself from any inappropriate touch from teachers/ classmates.
- She still does not have her menses yet.
- Preparing for future— still a question mark.

What had Mom done?

- School: Standard 1- 6
 - Mom begged students to borrow her school works;
 - Sat in class copying what sis didn't complete;
 - Bribed her classmates so that they might take care of her.
 - Talked to teacher now and then to check on sister's behaviors.

OTHERS:

- Exposed her to many different places and events no matter what others might think and talk about her.
- Boldly told people about her condition and often told people how she had improved.

Activities Out of School



Other Activities



Where I Get Emotional Support?

God

My boss

• Church members

Spouse

Sisters

How Has My Life Changed?

- More patient.
- Truly learn what OWL means-
 - Observe.
 - Wait.
 - Listen
- Play to build rapport instead of reprimanding her all the time.
- Love overcomes challenges.

Conclusion

- Cooperative family members
- Cooperative friends and people around.
- Play to gain trust & rapport instead of reprimanding all the time
- Independent skills is very important
- Be consistent



THANK YOU!