




Sister & Brother:
A Sibling's View on ADHD & Asperger's

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Me & my family

- ◆ Me -
 - ❖ Grade 11, ☺ FIELD HOCKEY!!!
- ◆ Mom -
 - ❖ Doctor of nursing, ☺ mother-daughter bookclub
- ◆ Dad-
 - ❖ Hydrogeologist, ☺ camping
- ◆ Brother-
 - ❖ Grade 8, ☺ hanging out



William- ADHD & Asperger's

William was a very dangerous little boy...

◆ Severe ADHD

- ❖ Diagnosed when he was 4 years old
- ❖ Would climb over the fence, escape from the house, run across the street...

◆ Asperger's

- ❖ Diagnosed when he was 5 years old
- ❖ Hard time with social rules & cues, doesn't like change



William- ADHD & Asperger's

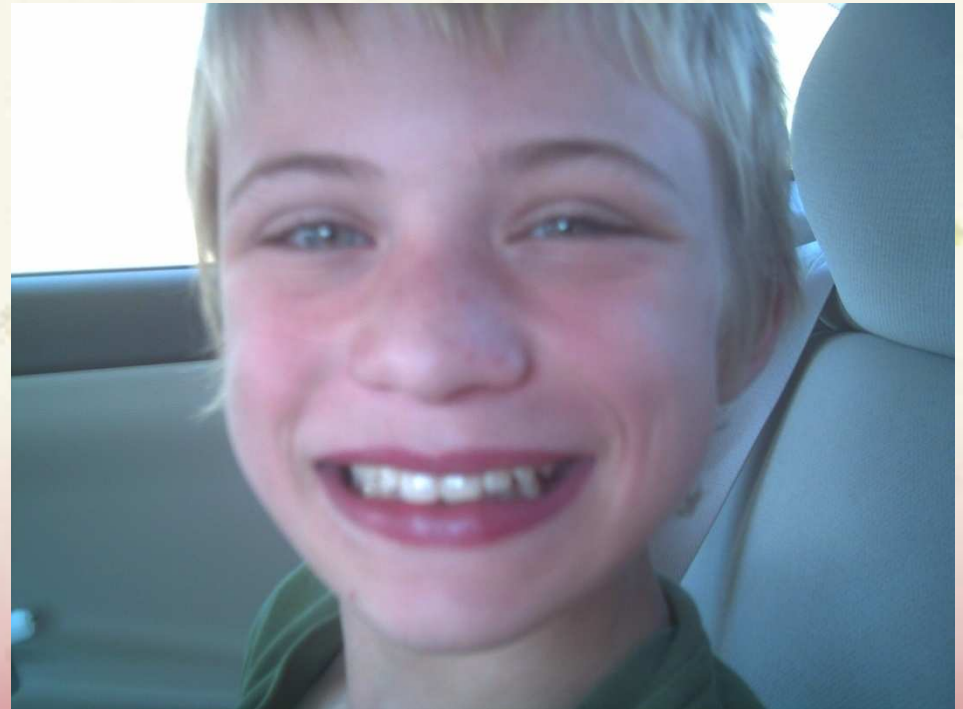
William still is a very dangerous child...with a unique outlook

◆ ADHD

- ❖ bundle of energy, needs a calm classroom, just like living with Jim Carrey

◆ Asperger's

- ❖ he's a genius (and I can bribe him to do my math homework), weirdly focused, needs fashion help



What's important

- ◆ My parents were really stressed out when he was first diagnosed...it was a hard time for our family
- ◆ When I was growing up, the only person that told me about my brother's ADHD & Asperger's was my mom
- ◆ I wish that I would have been more involved in his world in the healthcare system



What's important

When the really nice health professionals (psychologist, occupational therapist, speech therapist) came to our house, they played with me too, BUT I didn't know why they were around.

I wish that they would have included me & William and told us what was really going on.



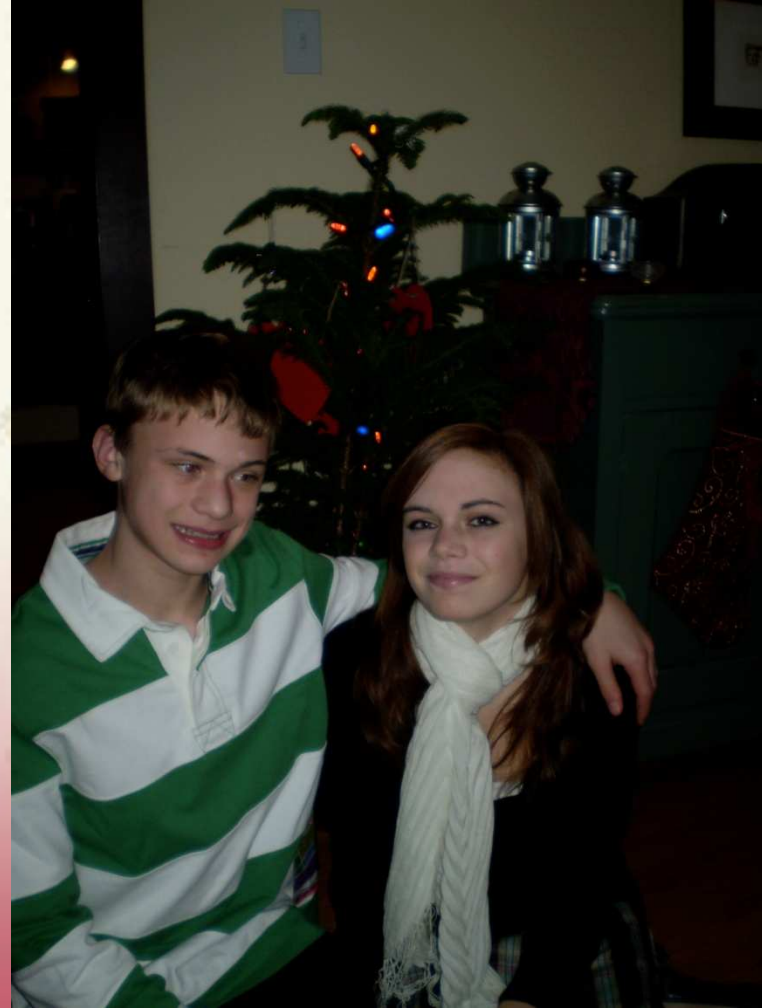
What's challenging

- ◆ For William...
 - ❖ Fitting in, being bullied, calming down
- ◆ For me...
 - ❖ Being included when William goes to appointments
 - ❖ Understanding how to help him and still have a regular high school life



What's challenging

- ◆ For me & William
 - ❖ Making friends & doing activities together
 - ❖ Not being at the same school
 - ❖ Living at 2 homes when William hates change



What helps

- ◆ For my brother...
 - ❖ Reading
 - ❖ Understanding what he has
 - ❖ Talking to me
 - ❖ Chilling out



What helps

◆ For me...

- ❖ Talking about my family with other people who have similar experiences
- ❖ Taking a leadership role with CAYAC
- ❖ Learning about mental health services and what my brother might need when he gets older. I might be his biggest support later on.



Solutions...

- ◆ Sibling Support and Mentoring Groups
- ◆ A booklet on Aspergers, given by a doctor
- ◆ Doctors and Nurses being more inclusive with the patients siblings and close friends



Thank You For Listening



The End