

# Key Elements of Interventions for Siblings of Children and Youth with Disabilities:

## A Scoping Review

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### INTRODUCTION

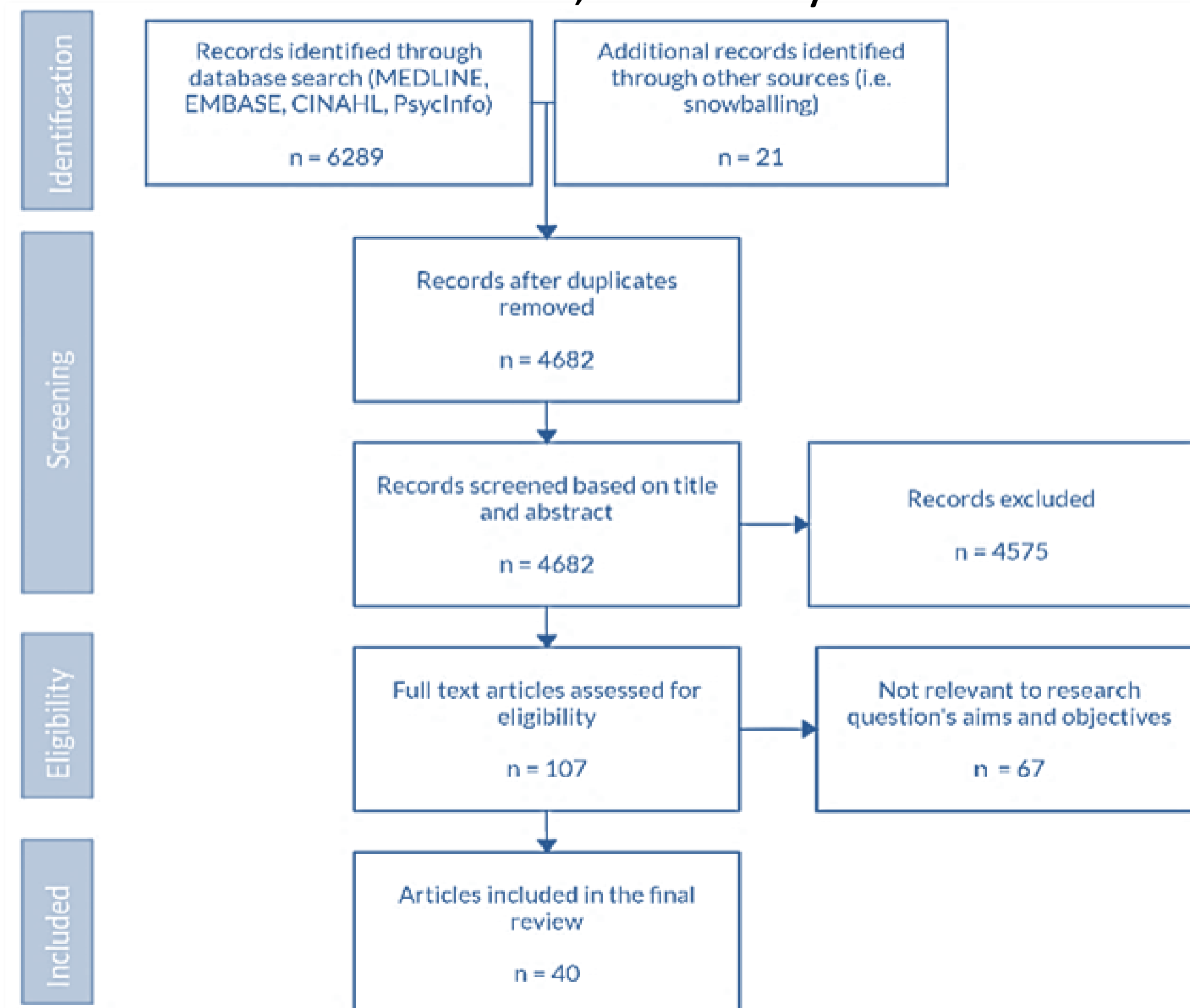
- Siblings of youth with disabilities are at an increased risk for social, emotional and behavioral difficulties.
- Support programs are effective in offering siblings social and emotional support, learning through psychoeducational activities, and helping children build resilience and positive relationships.
- It is important to explore various intervention elements that promote positive health outcomes among siblings of youth with disabilities.

### OBJECTIVES

- To describe the range of interventions for siblings of children and youth with disabilities .
- To identify the critical features of sibling interventions and the beneficial outcomes that follows.

### METHODS

- Databases:** CINAHL, Medline, Embase & PsycInfo
- Softwares :** Covidence, Mendeley & Excel



It is important to identify program features that contribute to positive health outcomes for siblings of youth and children with disabilities.

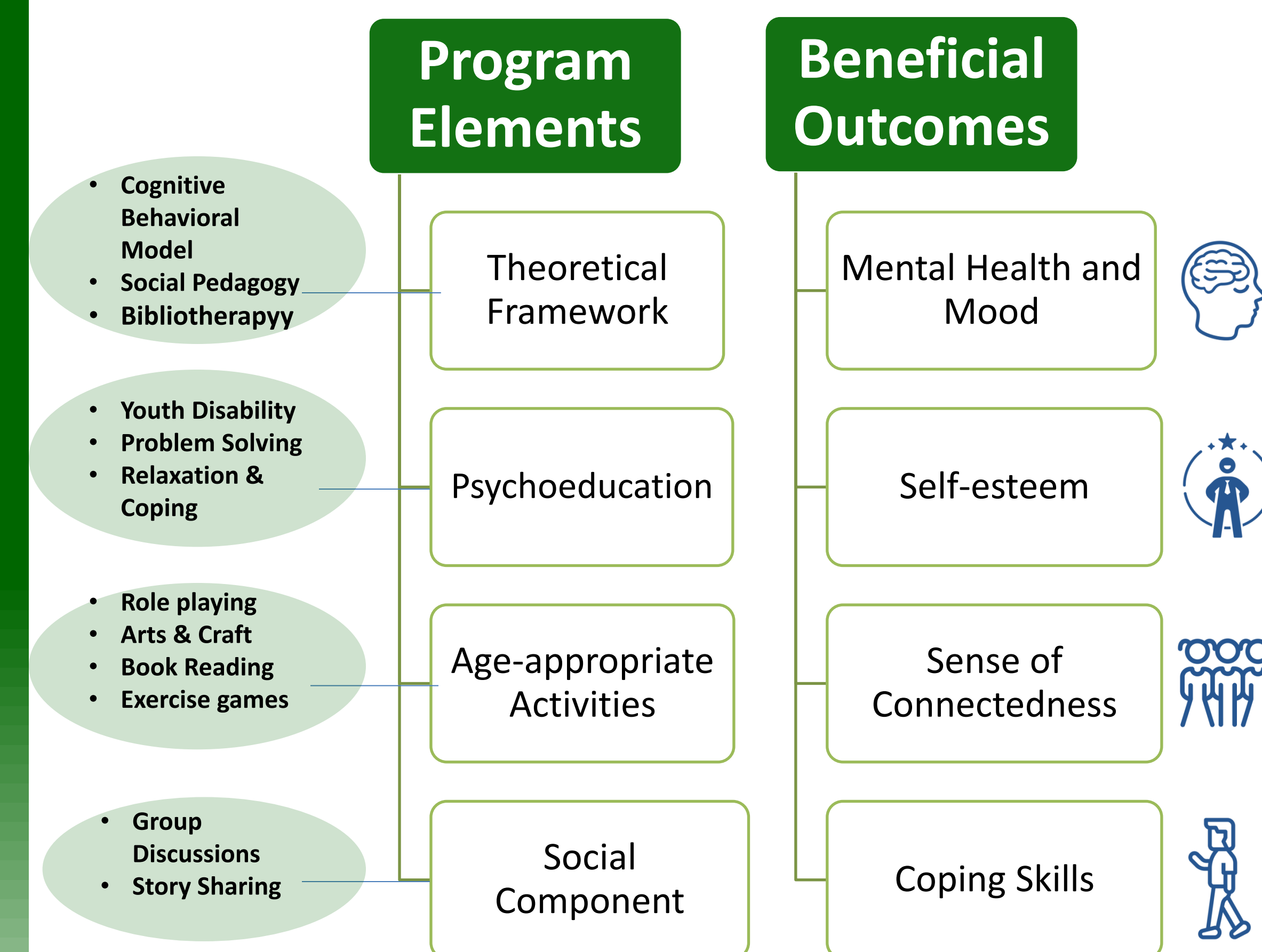
This can aid in the development of meaningful and accessible interventions.



### RESULTS

Youth Characteristics		Intervention Characteristics	
<b>Age range</b>	7 to 14 years old	<b>Setting</b>	<ul style="list-style-type: none"> <li>Medical Centre/Hospital (38.7%)</li> <li>Community (25.8%)</li> <li>Camp (16.1%)</li> <li>School (12.9%)</li> <li>Other (6.4%)</li> </ul>
<b>Ethnicity</b>	<ul style="list-style-type: none"> <li>Caucasian (22.6%)</li> <li>Minority (3.2%)</li> <li>Not reported (74.2%)</li> </ul>	<b>Type</b>	<ul style="list-style-type: none"> <li>Group (83.9%)</li> <li>Individual (16.2%)</li> </ul>
<b>Youth Disability</b>	<ul style="list-style-type: none"> <li>Multiple Disabilities (58.0%)</li> <li>Cancer (22.6%)</li> <li>Autism (12.9%)</li> <li>Down Syndrome (6.2%)</li> </ul>	<b>Delivery</b>	<ul style="list-style-type: none"> <li>Face-to-face (93.6%)</li> <li>Online/in-person combination (6.4%)</li> </ul>

- Key elements of interventions associated with positive outcomes among siblings:



### IMPLICATIONS

- Elements identified may operate as core components of interventions that aim to enhance sibling outcomes.
- Readily accessible interventions, like those facilitated virtually, should be made available to improve sibling health, and convenience for families.

Thank you to the Holland Bloorview librarian, Iveta Lewis, for her assistance and guidance on the database search.