

Family, psychological and social situation of healthy siblings of people with intellectual disabilities – a challenge to supportive actions

The presence in a family of a child with mental retardation poses many challenges of its members and impinge on their overall functioning. Having a brother or sister with a disability contributes to a specific and difficult life situation of healthy siblings and is an important determinant of its development. This situation have also a significant impact on making important life choices. The consequences of growing up in a such family can largely determine an appropriate system of support. Well planned and organized assistance, care and treatment of healthy siblings raises the prospect of their normal and happy life without undue burdens, problems and difficulties. Appropriate support is therefore one of major factors of proper functioning of people experienced by mental retardation of their sibling.