



Special Siblings: Growing Up with Someone with a Disability, Revised Edition

Mary McHugh

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In this absorbing and candid book, Mary McHugh reveals what she experienced as the sister of a man with cerebral palsy and mental retardation—and shares what others have learned about being and having a “special sibling.” Weaving a lifetime of memories and reflections with relevant research and interviews with more than 100 other siblings and experts, McHugh explores a spectrum of feelings—from anger and guilt to love and pride—and helps readers understand the issues siblings may encounter in

- childhood—such as dealing with their own needs for attention and information, identifying with their parents’ grief, understanding their sibling’s disability, and coping with their own feelings
- adolescence—such as participating in family discussions, fitting in with peers, searching for their own identity, and talking to a counselor or therapist
- adulthood—such as building a support system, navigating adult relationships, deciding whether to have children, and planning for their sibling’s future care

Emotional and enlightening, this book is a must-read for teen and adult siblings—and all professionals who support people with disabilities and their families.

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