

## Sibling Assessment

Questions	Your Responses
1. What were the roles assumed in childhood by each sibling and are these still the perception of these roles today? ( <i>Who was viewed as the strong one; the favorite one; and other roles?</i> )	
2. How do you feel about your brothers or sisters?	
3. How did those feelings develop?	
4. What comes to mind when you think about each brother and sisters? Are your perceptions accurate or are they outdated?	
5. How frequently do you and your siblings maintain contact through visits, telephone calls and letter writing?	
6. Have you and your brothers and sisters grown closer or further apart with age?	
7. Do you and your siblings take an interest in what each other does?	

Adapted from *As People Grow Older*, Oderberg and Smith, 1995.

### Questions to consider

- How does your relationship with brother sisters and other family members affect your roles as family caregivers now and in the future?
- ***What about if you are an only child?***
- Ask yourself: *What can I do to build a better partnership and relationship?*