

# WhAM ~ What About Me

## *A Program Supporting Brothers and Sisters with Siblings with Developmental Disabilities*

### **Introduction to WhAM**

Being the sibling of a younger or older brother or sister with special needs bring with it a unique set of experiences and challenges shared only by other siblings. Lanterman Regional Center's program that provides support and activities is called WhAM ~ What About Me and provides these brothers and sisters with an opportunity to connect with other siblings to share their stories and get support from those who understand.

WhAM is modeled after Sibshops, which were developed by Donald Meyer and Patricia Vadasy, who intended the groups to create an atmosphere that honors sibling contribution and sacrifice.



### **Who is WhAM for?**

Anyone who is ages 6 and older, who has a brother or sister with special needs can participate. Participants are divided into age groups to promote the sharing of common experiences.

*"He shows you so much and teaches you so much."*

*- Truman, a group participant, about what he wants  
"the whole world to know about his brother"*

### **What are the goals of WhAM?**

- ❖ Provide siblings an opportunity to meet other siblings in a relaxed, recreational setting.
- ❖ Provide siblings opportunities to discuss common joys and concerns with other siblings.
- ❖ Provide siblings opportunities to learn how to handle situations commonly experienced by siblings of children with special needs.
- ❖ Provide siblings with opportunities to learn more about their brother's/sister's special needs and the services that people with developmental disabilities receive.
- ❖ Provide parents and other professionals opportunities to learn more about siblings' concerns and experiences.

### **Learn More About WhAM**

For more information about WhAM, contact Lanterman's Koch ♦ Young Resource Center  
at 213.252.5600 or [kyrc@lanterman.org](mailto:kyrc@lanterman.org).

To discuss your organization's collaboration with the KYRC on starting a WhAM group contact  
Edward Perez at 213.252.4986 or [eperez@lanterman.org](mailto:eperez@lanterman.org).