



Living with a brother or sister with cancer: A CanTeen Member's Experience





Vision, Mission and Values



Our Vision

Bringing together all young people living with cancer

Our Mission

To support, develop and empower young people living with cancer

Our Values




We support, develop and empower through:


- **Respect and Integrity**
- **Pride and accountability**
- **Teamwork and inclusiveness**
- **Flexibility and initiative**
- **Understanding and compassion**
- **Inspiration and encouragement**
- **Positivity and celebration**

CanTeen - The Australian Organisation for young people living with cancer



Membership Categories

-  **Patient Members:** have or have had cancer
 -  **Sibling Members:** brothers or sisters of a person who has or had cancer
 -  **Offspring Members:** young people with a parent or primary carer who has or had cancer.
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-  **Bereaved Members:** within the Sibling and Offspring Membership, there are also bereaved Members. These Members have lost their sibling, parent or primary carer to cancer



Issues faced by young people with a sibling with cancer



★ Intrusive changes into a siblings life

- Emotions such as fear, anger, isolation, jealousy, guilt and shame
- Adjustments in family routine such as increased responsibility and decreased physical and emotional availability of parents

★ Internalising problems:

- Emotional and social withdrawal
- Feelings of guilt and hopelessness
- Shame and sadness

★ Externalising problems:










- Anger and acting-out behaviours
- Non-compliance





Needs of young people with a sibling with cancer



-  **Psycho-education – Information about cancer, diagnosis and treatment**
-  **Peer Support**
-  **Expressing and coping with feelings**
-  **Respite and Recreation**
-  **Sibling relationship and peer support**
-  **Daily life functioning – increased responsibility and independence**
-  **Acknowledgement and attention for self**
-  **Access to support services and professional help**
-  **Involvement in the cancer experience**

★ CanTeen programs meeting this need



Wide range of programs aimed at meeting some or all of these needs

- Sibling-specific programs
- Good Grief
- Healthy Living
- Division Programs encompassing
 - Discussion Groups
 - Remembrance





References



- Houtzager, B.A., Grootenhuis, M.A., Hoekstra-Weebers, J.E.H.M., Caron, H.N. & Last, B.F. *Psychosocial functioning in siblings for paediatric cancer patients one to six months after diagnosis*. *European Journal of Cancer* (2003) 30: 1423 – 1432
- Houtzager, B.A., Grootenhuis, M.A., & Last, B.F. *Adjustment of siblings to childhood cancer: A literature review*. *Support Care Cancer* (1999) 7: 302 – 320.
- Lobato, D., Faust, D., & Spirito, A. *Examining the effects of chronic disease and disability on children's sibling relationships*. *Journal of Paediatric Psychology*, 13: 3, (1998), 389 – 407.