

### Adult Sibling Discussion Form

This is intended to help prepare or guide the conversation, but is just a suggestion. Only you know what is best for your family.

**TIP:** Take some time to think about and complete this form prior to each important conversation about the future care for your loved one with rare epilepsy that you have with their sibling. Try to arrange for a quiet place to have your conversation, free of disruption.

**What are the topics to discuss during this conversation?** (Write down questions and topics to discuss in the space below.)

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**What resources do I need to share during the discussion?** (There may be specific sections of the C.A.R.E. Binder or other resources that you'll want to have handy.)

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**TIP:** Be mindful of bringing too much material or covering too wide a range of topics during your discussion. It's best to have multiple smaller conversations over time. This approach can help keep the sibling from feeling overwhelmed.

**What questions or concerns does the sibling have?** (If you know before your conversation, note this information in the space below. You can also capture questions that come up in conversation that require follow up.)

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**TIP:** This conversation may be difficult for you both. Try to not to react quickly to any responses. Take time to let the information settle in.



**Is there any follow-up you owe the sibling from the last conversation you had regarding the long-term care plan for your loved one with rare epilepsy?** (Note the outstanding items below.)

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