

## Clip 4-5 Transcript

Helen: We've seen at Siblings Canada, people have a lot of trouble when they're crossing jurisdictions. Mainly because it's not easy to take benefits with you. Even within a city like changing organizations is so challenging right? You're with one organization, if you're lucky to be with an organization that's supportive, you gotta hang onto it. It's not easy to change to another organization. So any kind of changing back and forth, I think requires an awful lot of consideration in terms of benefits and what are you going to lose when that person moves to a new city or a new province. And especially if there's housing involved and the person has some kind of housing option that works where they have supported independent living or good people who are helping make that housing work.

But if you have to move, you have to move. I think it's, about, you know, not doing things at the last minute and making sure that you're asking for, referrals and asking for people to connect to in the new place that you're moving to. We do see siblings moving in and out if they're cohabitating, moving in and out. We saw that a lot over COVID. So during COVID, now a lot of people were not being well supported when they were living away from family and so a lot of family, a lot of siblings chose to, I shouldn't say a lot. We saw a number of siblings choose to live with their brother and sister during COVID and now they're moving out. And, I think it speaks to what I mentioned earlier, which is the fluidity of life. You don't have just a situation and that's your permanent situation. Being aware of other options is really important. I know that I'm doing that. In terms of the aging process and the complexity of health and physical disabilities that are changing in our lives here. So it's always, you know, what are my options and knowing what they are. It's very hard to be open to those options. I often feel like I don't want to know or it's not possible, nothing can be as good, it won't work. So there's a lot of personal effort required, which is sort of like the theme of my life. Ever since becoming my brother's primary care is like, wow, like, how much more am I gonna change or how much more do I have to flex or be open to change. It's quite the journey.

Yvonne: My fur babies really help me because I got a lot of anxiety. I'm autistic. I have an intellectual disability besides other complexities and intersectionalities that make me. They really help me to feel comfortable, help me to, if I need that sensory at that time so like petting them and/or the sensation, it helps me to feel that I am going to be all right. Otherwise, if I didn't, then I'd be very lonely, cause I, back 10 years ago I used to live on my own in apartment. All by myself but before that I didn't have my fur babies with me. Once they were with me, still it made me feel comfortable, but sometimes I still felt lonely. Now I live my mom and my fur babies help me and they help her because we both have similar complexities. That helps, having fur babies in the house to help ourselves.