



THE
TENBRINK SISTERS
THE ERAS TOUR
(Brianna's Version)



The Beginning



"She will never tell you, "I love you,"."



Life Is Defined By Eras



Era 1

Diagnosis Adjustment



Era 2

Advocate Activated



Era 3

All Grown Up



Breakdown of the Eras



Era I

Diagnosis Adjustment (2008 - 2012)

Myah

- No Early Childhood Intervention services
- Social skills support and anxiety counseling
- General education with accommodations
- Involvement in IEP meetings

Leah

- Early Childhood Intervention services
- Therapy-based support
- Self-contained classroom
- Augmentative and alternative communication device



Defined by: confusion, guilt, overwhelm, and endless research



Breakdown of the Eras



Era 2

Advocate Activated (2013 - 2020)

Myah

- Post-secondary education options
- School bullying issues
- Fine arts involvement
- Over-and-under supported

Leah

- Unrealistic transition plan and support
- Restraint and seclusion in school
- Homeschool transition
- Over-and-under estimated



Defined by: action, enthusiasm, and sister bear level of protection

Breakdown of the Eras



Era 3 All Grown Up (2021 - 2026)

Myah

- Supported Decision-Making Agreement
- Psychological evaluation
- Futures planning
 - **Housing:** independent living
 - **Transportation:** Driver's education
 - **Employment:** Disability advocate

Leah

- Full guardianship
- "We don't treat autistic people like her."
- Futures planning
 - **Housing:** live with parents
 - **Transportation:** depend on others
 - **Employment:** limited income of \$2,000



Defined by: future planning, decision making, and unforeseen challenges



Lessons Learned

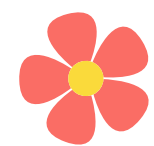


What Worked For Me

- Getting involved early
- Being honest about my feelings
- Humanizing my parents
- Normalizing my sibling dynamic
- Encouraging others to join me

What Didn't Work For Me

- Sibling workshops and trainings 
- Sibling support groups 
- Overly sympathetic supporters
- Unbalanced chores and tasks
- Extended family "suggestions"



"Super Sibling" - that friend your grandparents say you should be more like.

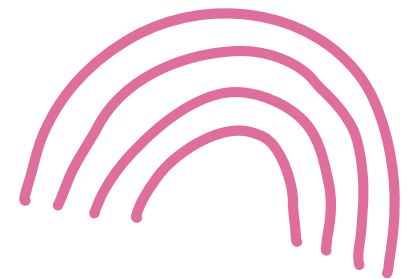


= Just because it didn't work for me doesn't mean it won't work for you!

How To Refill Your Cup



- ✿ **Strengthen family bonds:** build and grow safe and vulnerable relationships
- ✿ **Lean on your village:** share your feelings and experiences with trusted friends
- ✿ **Get creative:** showcase how you feel in artistic and expressive formats
- ✿ **Find support:** talk-based therapy or somatic exercise are amazing for processing
- ✿ **Take action:** raise awareness, build capacity, and create systems or policy change

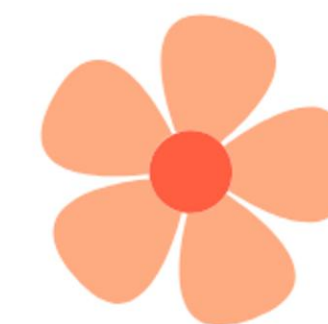




A Word from Myah



but with much different support needs



What the Future Holds



We're just 3 sisters trying to live our best lives together.



Brianna

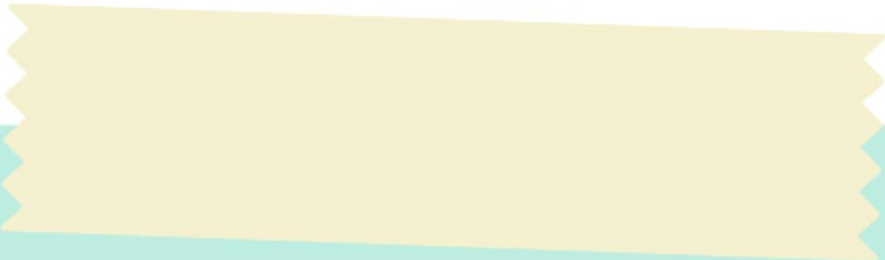
Continuing her work as a professional advocate and introducing a romantic partner to the TenBrink sisterhood mix.

Myah

Working towards her Bachelor of Arts in Communications, practicing job skills, and getting her driver's license.

Leah

Enjoying homeschool, exploring the community with her family, and experimenting with employment pathways.



There's no one-size-fits-all solution.
Create your own.





Thank you!

Brianna TenBrink

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