



Resource List

How to Support Grieving People with Intellectual and Developmental Disabilities

Children's Grief:

Gaines, A. & Polsky, M. (2017). *I Have a Question about Death: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs*. Jessica Kingsley Publishers. Uses straightforward text and images to walk children through what it means when someone dies, as well as ways they might cope with the loss and remember the person. Includes a short picture story version of the book for children who learn best through visual cues, and suggestions for parents and caregivers. Written by a hospice social worker and a special educator/social worker.

Workbooks Children and Teens:

Faherty, C. (2008). *Understanding Death and Illness and What They Teach About Life: An Interactive Guide for Individuals with Autism or Asperger's and their loved ones*. Future Horizons, Inc. A workbook for children, teens and adults with autism spectrum disorder, and their families and friends. Includes communication forms and checklists. Written by a child therapist and parent consultant.

Helbert, K. (2013). *Finding Your Own Way to Grieve. A Creative Activity Workbook for Kids and Teens on the Autism Spectrum*. Jessica Kingsley Publishers. Offers ideas of crafts, art and cooking projects related to death and dying. Written by a licensed professional counselor.

Resources for Adults:

Forrester-Jones, R. & Broadhurst, S. (2007). *Autism and Loss*. Jessica Kingsley Publishers. A resource for people with autism and their caregivers on loss in several arenas, including loss through death. Includes fact sheets and exercises. Written by educators at the Tizard Centre in the UK.

Lipsky, D. (2013). *How People with Autism Grieve, and How to Help*. Jessica Kingsley Publishers. Provides an insider view on how people with autism cope with loss and grief. Written by a woman with high-functioning autism.

Markell, M. A. (2005). *Helping People with Developmental Disabilities Mourn: Practical Rituals for Caregivers*. Companion Press. Written by a grief counselor and university professor, this book provides 20 ritual ideas that can be used for people with developmental disabilities after death.

Tuffrey-Wijne I. (2013) *How to Break Bad News to People with Intellectual Disabilities: A Guide for Carers and Professionals*. Jessica Kingsley Publishers.

Online Resources:

Hollins, Sheila, University of Hertfordshire. [Managing Grief Better: People with Intellectual Disabilities.](#)

Hospice Foundation of America, [Autism and Grief Project.](#)

Blog post written by a person with autism who is grieving. <http://www.thinkingautismguide.com/2012/08/autistic-grief-is-not-like-neurotypical.html>

Back Pocket Teacher has many resources on her website <https://backpocketteacher.co.uk/books-%26-resources>

An article about grief and autism https://www.autismparentingmagazine.com/talk-about-death-and-grief/?fbclid=IwAR2ZrrqmCdNVY6_C3RSYwpTr4abrSkEvOBJKs8UbxjIOyqE-dDPzuBZNEhw

The complete guide for supporting bereavement and loss in special schools by Sarah Helton

<https://outlook.office.com/mail/drafts/id/AAMkADQ1NzQ1ZWVILTl3MzQtNDA1ZS05ZjEwLTZhZjk5ZmY3MjkxYwBGA AAAADotsUblIxKSqjXC53Jf8eCBwBLqIg8fJ07SqMp6IB2EFkPAAAAAEPABLqIg8fJ07SqMp6IB2EFkPAAYUWz%2BSAA A%3D>

This resource book includes everything that a special school needs to manage bereavements sensitively and effectively. The book covers the following areas: bereavement policies and procedures, an appropriate curriculum (including the issues of life, death and loss), how to inform the school community of the death, how to support pupils and staff with the loss, plus activities and resources to support pupils with their grief. There is also an extensive appendix with template documents for schools to use: draft letters, policies, procedures, curriculum and lesson ideas.

Tip sheets created by grief centers supporting grieving children:

a) [Supporting bereaved children and young people with Autism Spectrum Disorders \(ASD\) \(pdf\)](#)
<https://0c26ed70-b47b-4fad-8bbe-6eb>

bffe2ec.filesusr.com/ugd/7ac232_0a66493b05a54177a79cc85bfebe558b.pdf

b) For schools [Supporting Grieving Students with Intellectual and Neurodevelopmental Disabilities](#)

c) Supporting Grieving Children with Autism <https://elunanetwork.org/resources/supporting-grieving-children-with-autism-spectrum-disorder?fbclid=IwAR2LJ5VaT5BKDgjNsobh4XISkshUmja1HCaVZkAOA64cMqWkEfCaFaKfw>

d) Tool Kit: Supporting Children of All Abilities Who Are Grieving <https://indd.adobe.com/view/9cf351d4-9fc3-4414-bc2a-cc633ad1e53f>