



## A Community Approach to Supporting Bereavement, Loss and Grief

**Books, films and resources to help you talk to  
children with additional support needs about  
death, change and loss**

<b>Websites, Books and Resources for Educational Professionals and Parents/Carers</b>	
<a href="http://www.theonlinebookcompany.com/na_sbook">www.theonlinebookcompany.com/na_sbook</a>	<p>National Autistic Society website developed for the purposes of creating a page to remember loved ones who have died.</p>
<a href="http://www.breakingbadnews.org/">http://www.breakingbadnews.org/</a>	<p>A website (with accompanying book) with guidelines, case studies, and practical tips, for social care and health staff, families and carers, on breaking bad news to people with learning disabilities and/or autism.</p>

<p><a href="http://pamis.org.uk/resources/bereavement-and-loss/">http://pamis.org.uk/resources/bereavement-and-loss/</a></p>	<p>PAMIS Bereavement and Loss Learning Resource Pack for those supporting bereaved people with profound and multiple Learning disabilities and their parents and carers.</p>
<p><b><i>How People with Autism Grieve and How to Help: An Insider Handbook</i></b></p> <p>Deborah Lipsky</p> <p>Amazon ISBN 978-1849059541</p>	<p>The book is an honest, first-hand account of how people with autism deal with the loss of someone in their life. The book explores how people with autism process and come to terms with their feelings of grief, and offers practical and detailed advice.</p>
<p><b><i>Supporting children and young people with autism spectrum disorder through bereavement</i></b></p> <p>Katie Koehler</p> <p>Journal Article</p> <p>Bereavement Care</p> <p>Volume 35 (3) Winter 2016 pp94-101</p>	<p>Children with Autism Spectrum Disorder (ASD) may react to a bereavement in different ways to neurotypical children. This article explores some of the underlying perceptual and processing difficulties observed in children with ASD</p> <p>that may affect their understanding of death and their reaction to a bereavement. But children with ASD, like any others, need their grief both recognised and understood, and will need opportunities to express how they feel. The article gives some suggestions which may help children with ASD, and includes a list of helpful resources.</p>

## Books for Use with Bereaved Children and Young People

***Supporting People with Disabilities Coping with Grief and Loss***

Hrepsime Gulbenkoglou

Scope Ltd

Information leaflet which illustrates the use of pictures to explain death and bereavement to a person with additional support needs. A further section provides information and advice for people who support people with additional support needs. Free to download

<http://www.easyhealth.org.uk/sites/default/files/SUPPORTING%20PEOPLE%20WITH%20DISABILITIES%20COPING%20WITH%20GRIEF%20AND%20LOSS.pdf>

***When Mum Died***

***When Dad Died***

***When Somebody Dies***

Hollins, Dowling and Blackman

Simple pictures are used for a more direct approach to death which may be more suitable for children and young people with additional support needs. Guidance is given on how to answer any questions plus information on other resources available.

London: Books Beyond Words.

<https://booksbeyondwords.co.uk/bookshop/>

***Understanding Death and Illness and what they Tell us About Life: An Interactive Guide for Individuals with Autism and Asperger's and their Loved Ones***

Catherine Flaherty

Comprehensive treatment of death focusing on things most likely to concern those with ASD presented in the clear, straightforward, and concrete manner that is most likely to help those on the spectrum, as well as the professionals, family members, or friends that are concerned about them. Readers of this book will learn a lot about death, themselves, and how to help people with ASD to better understand and cope with it.

Amazon ISBN 978-1932565560	
<p data-bbox="204 389 678 539"><b><i>Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum</i></b></p> <p data-bbox="204 636 384 669">Karla Helbert</p> <p data-bbox="204 766 625 799">Amazon ISBN 978-1849059220</p>	<p data-bbox="730 389 1401 656">Supports children and young people to express their loss as they work through the book by themselves or with the support of a family member or professional... With illustrations throughout, her book offers a variety of coping skills and exercises, including writing, art and craft, cooking, movement, relaxation and remembrance activities.</p>