



Resources: Working with Grieving Children with Disabilities

For Kids:

I Have a Question About Death: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs by Arlen Grad Gaines and Meredith Englander Polsky.

This book asks questions that a child might have about death. It uses straightforward text and clear illustrations to explain what death means specifically to children with autism spectrum disorder and other special needs.

https://www.amazon.com/Have-Question-about-Death-Children/dp/1785927507/ref=sr_1_1?crid=3V23XDYHBEP6C&dchild=1&keywords=i+have+a+question+about+death&qid=1626452317&srefix=l+have+a+question+about+%2Caps%2C176&sr=8-1

Finding Your Own Way to Grieve – A Creative Activity Workbook for Kids and Teens on the Autism Spectrum by Karla Helbert.

This book explains death in concrete terms, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities.

https://www.amazon.com/Finding-Your-Own-Way-Grieve/dp/1849059225/ref=sr_1_1?dchild=1&keywords=finding+your+own+way+to+grieve&qid=1626452594&sr=8-1

Grief is a Mess by Jackie Schuld.

This book explores how grief is different for everyone and can change without warning. Illustrations to remind the reader to be kind to others and patient with themselves as they find their way through grief.

https://www.amazon.com/Grief-Mess-Jackie-Schuld/dp/151875287X/ref=sr_1_3?dchild=1&keywords=grief+is+a+mess&qid=1626452680&sr=8-3

<https://www.youtube.com/watch?v=RGo6lKnz1TI>

For Families:

Understanding Death and Loss and What They Teach Us About Life: An Interactive Guide for Individuals with Autism or Asperger's and their Loved Ones by Catherine Faherty.

This book offers detailed, concrete explanations of illness, dying, life after death, losing a pet, and numerous other issues. Descriptions are written with caregivers in mind, and provides checklists and discussion tips to address many issues around death and loss.

https://www.amazon.com/Understanding-Death-Illness-Teach-about/dp/1932565566/ref=pd_lpo_14_img_2/134-3796989-0062035?encoding=UTF8&pd_rd_i=1932565566&pd_rd_r=8c205561-e148-4684-9aa3-72330c1e882c&pd_rd_w=D7dlV&pd_rd_wg=99ogz&pf_rd_p=a0d6e967-6561-454c-84f8-2ce2c92b79a6&pf_rd_r=AK6N1K9PH0HWVNGXP5S5&psc=1&refRID=AK6N1K9PH0HWVNGXP5S5

How People with Autism Grieve and How to Help by Deborah Lipsky.

The book is a first-hand account of how people with autism deal with the loss of someone in their life. Through the description of personal experience, and case studies, the book explores how people with autism feel and express the loss of a loved one, how they process and come to terms with their feelings of grief, and offers practical and detailed advice to parents and carers on a range of sensitive issues.

<https://www.amazon.com/How-People-Autism-Grieve-Help/dp/1849059543>

Supporting People with Disabilities Coping with Grief and Loss: An easy-to-read booklet created by The Down Syndrome Association.

This booklet can be used to explain the grief process to people with disabilities and those who support them. It also provides strategies to help people with disabilities move through grief and loss.

<https://dsagsl.org/wp-content/uploads/2019/02/Grief-Packet.pdf>

Grief and Developmental Disabilities. "Grief Out Loud" Podcast; Episode 20. The Dougy Center.

<https://www.dougy.org/news-media/podcasts/grief-developmental-disabilities>

Friendship Circle is a resource for people with special needs and their families. This article is specific to talking about death: <https://www.friendshipcircle.org/blog/2013/08/20/how-to-talk-to-your-child-with-special-needs-about-death/>

How to Comfort a Grieving Child with Special Needs. Dallas Magazine.

Article with helpful tips and suggestions for families and caregivers.

<https://dfwchild.com/how-to-comfort-a-grieving-child-with-special-needs/>

For Professionals:

Additudemag A comprehensive resource for families, professionals, and community members to learn about supporting someone with ADHD. It includes articles on parenting, a place where professionals can find many webinars and presentations, and a virtual version of their bi-monthly magazine.

<https://www.additudemag.com/>

National Down Syndrome Society: <https://www.ndss.org/our-story/mission/>

Special Books by Special Kids: A platform for people with disabilities to share their stories and for people of all abilities to learn more about becoming advocates for inclusion and diversity. The website showcases videos to help children and teens with disabilities learn valuable skills in technology and communication.

<https://sbsk.org>

Mrs. D's Corner – Books on Disabilities and Differences for Kids: A list of 60 books for children to help them learn about disabilities and inclusion. Each book includes a small excerpt on the website.

Autism and Loss by Rachel Forrester-Jones and Sarah Broadhurst.

This book includes practical tools and resources for professionals working with people with autism who are coping with any kind of loss.

https://www.amazon.com/Autism-Loss-Sarah-Broadhurst/dp/1843104334/ref=sr_1_1?dchild=1&keywords=autism+and+loss+Rachel+Forrester+jones&qid=1626454837&sr=8-1