

These resources are being provided for Persons with Intellectual and Developmental Disabilities (PWIDD), their Families and their Healthcare Providers to connect them with tools for understanding the death and dying process and to supply strategies for coping with their grief.

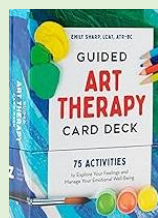
Although the outward expression of someone's grief may be difficult to recognize, the need for their grief to be acknowledged and supported is universal.

## Books

### Art Therapy Card Deck (Guided)

Emily Sharp (2023)

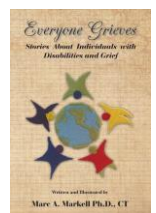
*Guided Art Therapy Card Deck: 75 Activities to Explore Your Feelings and Manage Your Emotional Well-Being*



### Everyone Grieves

Stories about Individuals with Disabilities and Grief

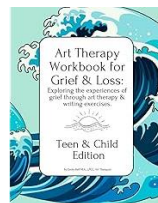
Marc A. Markell, (2013)



### Art Therapy Workbook for Grief & Loss: Teen & Child Edition

Emily Bell (2023)

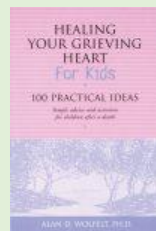
*Teen & Child Edition Art Therapy Workbook for Grief & Loss: Exploring the experiences of Grief through Art Therapy, Storytelling, & Writing Prompts*



### Healing Your Grieving Heart for Kids

by Alan Wolfelt (2001)

*Healing Your Grieving Heart for Kids* is for young and middle readers (6-12 years) grieving the death of someone loved. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal, but necessary.



### Burst Balloon (The)

Cher Louise Jones/Lee Dixon (2023)

*The Burst Balloon is a comforting tale for young children experiencing the grief of losing a loved one*



### Helping People with Developmental Disabilities Mourn

Practical rituals for Caregivers

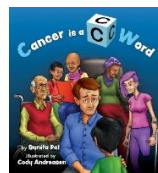
Marc A. Markell (2005)



### Cancer is a "C" Word

Sunita Pal (2020)

*Cancer is a C Word* will help families to introduce the concept of Cancer, specifically to early primary-aged, in a very simple way that is easy for them to understand.



### I Can't Believe They're Gone

Karen Brough (2023)

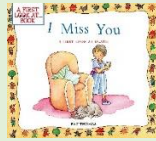
*A beautifully written picture storybook, that conveys the grief stages, expressions of grief, common feelings, and ways to remember your loved one.*



## I Miss You

Pat Thomas (2001)

*This book will help explain in a gentle way that death is a natural complement to life and that grief and a sense of loss are normal feelings to have following the death of a loved one.*



## Saying Goodbye to Uncle Joe

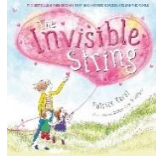
What to Expect When Someone You Love Dies

Nancy Loewen (2011)



## Invisible String (The)

Patrice Karst (2018)



## Something Very Sad Happened

A Toddler's Guide to Understanding Death

Bonnie Zucker (2016)



## Memory Book (The)

Joanna Rowland (2020)

*The Memory Book: A Grief Journal for Children and Families*



## Stars that Shine for You (The)

Rishma Govani (2023)

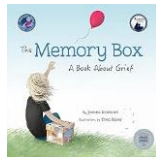
*The Stars That Shine for You introduces the concept of death in a child-friendly way.*



## Memory Box (The)

Joanna Rowland (2017)

*The Memory Box: A Book About Grief*



## What Happens When a Loved One Dies

Our First Talk about Death

Dr. Jillian Roberts (2016)



## Picking up the Pieces

A Child's View of Grief

Alan D. Wolfelt (1990)

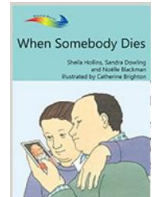


## When Someone Dies

Noelle Blackman; Sandra Dowling; Sheila Hollins (2018)

<https://www.booksbeyondwords.co.uk/bookshop/p/when-somebody-dies#:~:text=Everyone%20feels%20sad%20when%20somebody,her%20to%20feel%20less%20sad.>

*\*These books were recommended by L'Arche Canada and are in print and e-book version. There is a cost to order either version, since they ship from Ireland*



**Note:** *Hospice Waterloo Region* and *Hospice Wellington* have a list of books to lend out in their Libraries. Please check either Hospice to see if they have the resources you are looking for.

## Applications

- ❖ Calm (meditation/sleep)  
<https://www.calm.com/>
- ❖ Headspace (meditation)  
<https://www.headspace.com/>
- ❖ The Mindfulness App  
<https://www.themindfulnessapp.com/>
- ❖ Insight Timer (meditation/sleep)  
<https://insighttimer.com/>
- ❖ Grief Works: self care and love  
<https://apps.apple.com/gb/app/grief-works-self-care-love/id1558867513>

## Movies/Videos

### Movies

### Videos

|   |  |
|---|--|
| Coco<br><a href="https://www.imdb.com/title/tt2380307/">https://www.imdb.com/title/tt2380307/</a>                           | How to Talk about Death and Grief with Someone who has a Learning Disability<br><a href="https://www.youtube.com/watch?v=nEcLPE5celA">https://www.youtube.com/watch?v=nEcLPE5celA</a>        |
| Mr. Magorium's Wonder Emporium<br><a href="https://www.imdb.com/title/tt0457419/">https://www.imdb.com/title/tt0457419/</a> | My Grief Assist<br><a href="https://www.mygriefassist.com.au/inspiration-resources/movies/">https://www.mygriefassist.com.au/inspiration-resources/movies/</a>                               |
| MyGriefAssist<br><a href="#">Movies About Grief and Loss   MyGriefAssist</a>  | Supporting People with Learning Disabilities in Bereavement (Webinar)<br><a href="https://www.youtube.com/watch?v=1Z4luRcbJJE">https://www.youtube.com/watch?v=1Z4luRcbJJE</a>               |
| Up<br><a href="https://www.imdb.com/title/tt1049413/">https://www.imdb.com/title/tt1049413/</a>                             | What's Your Grief? (has podcasts, books and articles)<br><a href="https://whatsyourgrief.com/64-movies-about-grief-and-loss/">https://whatsyourgrief.com/64-movies-about-grief-and-loss/</a> |
| We Bought a Zoo<br><a href="https://www.imdb.com/title/tt1389137/">https://www.imdb.com/title/tt1389137/</a>                |  |

## Websites

|   |  |
|---|--|
| <p>Aging and Disability</p> <p>Grieving<br/><a href="http://www.aging-and-disability.org/en/grieving">http://www.aging-and-disability.org/en/grieving</a></p>   | <p>This website looks at ways that people can support one another through the grieving process. It gives particular attention to the experience of grieving in the context of a community of 'differently-abled' individuals</p> |
| <p>Autism-Specific Resources</p> <p>Autism Speaks<br/><a href="https://www.autismspeaks.org/grief-and-bereavement-resources">https://www.autismspeaks.org/grief-and-bereavement-resources</a></p> <p>Grief and Autism<br/><a href="https://www.autismandgrief.org/wp-content/uploads/2021/12/Autism-Grief-Grief-and-Autism-2.pdf">https://www.autismandgrief.org/wp-content/uploads/2021/12/Autism-Grief-Grief-and-Autism-2.pdf</a></p> <p>Autism Now<br/><a href="https://autismnow.org/blog/bereavement-and-autism-a-universal-experience-with-unique-challenges/">https://autismnow.org/blog/bereavement-and-autism-a-universal-experience-with-unique-challenges/</a></p>   | <p>Autism-specific resources</p>   |
| <p>ConnectAbility</p> <p>Grief and Bereavement<br/><a href="https://connectability.ca/2015/03/09/grief-and-bereavement-2/">https://connectability.ca/2015/03/09/grief-and-bereavement-2/</a></p>  | <p>This website provides a mix of grief resources and supports for persons with intellectual and developmental disabilities and their families</p>   |
| <p>Down Syndrome Society of Greater St. Louis</p> <p>Grief Packet<br/><a href="https://dsagsl.org/wp-content/uploads/2019/02/Grief-Packet.pdf">https://dsagsl.org/wp-content/uploads/2019/02/Grief-Packet.pdf</a></p>   | <p>The first section of this resource speaks directly to people with developmental disabilities, and the second provides recommendations to care partners/the person's support network</p>                                       |
| <p>Indiana Institute on Disability and Community</p> <p>When Someone Dies<br/><a href="https://www.iidc.indiana.edu/irca/articles/assets/when-someonedies.pdf">https://www.iidc.indiana.edu/irca/articles/assets/when-someonedies.pdf</a></p> <p>Going to a Visitation<br/><a href="https://www.iidc.indiana.edu/irca/articles/assets/goingtoavisitation.pdf">https://www.iidc.indiana.edu/irca/articles/assets/goingtoavisitation.pdf</a></p> <p>Going to a Funeral<br/><a href="https://www.iidc.indiana.edu/irca/articles/assets/goingtoafuneral.pdf">https://www.iidc.indiana.edu/irca/articles/assets/goingtoafuneral.pdf</a></p> <p>Going to the Cemetery<br/><a href="https://www.iidc.indiana.edu/irca/articles/assets/goingtothecemetery.pdf">https://www.iidc.indiana.edu/irca/articles/assets/goingtothecemetery.pdf</a></p> | <p>Social Stories Explaining Death and Grieving Rituals (although not all forms are represented)</p> <p>Created by Barb Fogarty (Indiana Resource Centre for Autism)</p>   |

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|--|---|
| <p>Intellectual Disability and Health</p> <p>Managing Grief Better: People With Intellectual Disabilities</p> <p><a href="http://www.intellectualdisability.info/mental-health/articles/managing-grief-better-people-with-intellectual-disabilities#:~:text=Managing%20Grief%20Better%3A%20People%20With%20Intellectual%20Disabilities%20,persist%201.%20Be%20honest%2C%20include%20and%20involve%20">http://www.intellectualdisability.info/mental-health/articles/managing-grief-better-people-with-intellectual-disabilities#:~:text=Managing%20Grief%20Better%3A%20People%20With%20Intellectual%20Disabilities%20,persist%201.%20Be%20honest%2C%20include%20and%20involve%20</a></p> | <p>Article</p>  |
| <p>Kids Grief</p> <p><a href="https://kidsgrief.ca">https://kidsgrief.ca</a></p>   | <p>This website contains a mix of different grief resources and education modules for parents and educators to help support children during their grieving process</p>                          |
| <p>Living and Dying with Dignity</p> <p>Best Practice Guide</p> <p><a href="https://www.virtualhospice.ca/Assets/Living-and-dying-with-dignity-the-best-practice-guide-to-endoflife-care-for-people-with-a-learning-disability%20-%202008_20181016111240.pdf">https://www.virtualhospice.ca/Assets/Living-and-dying-with-dignity-the-best-practice-guide-to-endoflife-care-for-people-with-a-learning-disability%20-%202008_20181016111240.pdf</a></p>   | <p>This is a best practice guide to end of life care for people with a developmental disability (chapter 8 is specific to grief and bereavement)</p>  |
| <p>MAID Family Support Society</p> <p><a href="https://maidfamilysupport.ca/">https://maidfamilysupport.ca/</a></p>  | <p>This is a peer-to-peer resource for individuals who are experiencing grief of a loved who accessed Medical Assistance in Dying (MAID) and offers various supports for this type of grief</p> |
| <p>My Grief</p> <p><a href="https://mygrief.ca">https://mygrief.ca</a></p>   | <p>This website contains a mix of different grief resources and education modules for adults wanting to understand more about grief and feel supported through their grieving process.</p>      |
| <p>Palliative Care for People with Learning Disabilities Network</p> <p>Resources</p> <p><a href="#">Home - PCPLD Network</a></p>  | <p>Website with information and training materials for care givers of people with learning disabilities on how to break bad news</p>  |
| <p>Refuge in Grief</p> <p>Grief Support That Doesn't Suck- Megan Devine</p> <p><a href="https://refugeingrief.com/">https://refugeingrief.com/</a></p>   | <p>Podcast with Megan Devine – book “It’s ok that you’re not ok”</p>  |

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|--|--|
| UK Based Resources   | UK Based Resources   |
| <p>HSC Bereavement Network<br/> <a href="https://hscbereavementnetwork.hscni.net/wp-content/uploads/2015/05/96885-NHSCT-Client-Booklet-2016.pdf">https://hscbereavementnetwork.hscni.net/wp-content/uploads/2015/05/96885-NHSCT-Client-Booklet-2016.pdf</a><br/> <a href="#">HSC Bereavement Booklet - Bereaved NI</a></p> <p>Keele University<br/> <a href="https://aldhc.keele.ac.uk/repos/Presentations/Understanding%20Loss%20and%20Bereavement%20PDF.pdf">https://aldhc.keele.ac.uk/repos/Presentations/Understanding%20Loss%20and%20Bereavement%20PDF.pdf</a></p> <p>Mencap<br/> <a href="https://www.mencap.org.uk/advice-and-support/wellbeing/dealing-bereavement">https://www.mencap.org.uk/advice-and-support/wellbeing/dealing-bereavement</a></p> |  |
| <p>Vanderbilt Kennedy Centre (The)</p> <p><a href="#">Helping People With Intellectual Disabilities Cope With Loss</a></p>   | Tips and resources   |
| <p>Victoria and Stuart</p> <p>Funeral Planning Cards<br/> <a href="https://www.victoriaandstuart.com/my-funeral-cards">https://www.victoriaandstuart.com/my-funeral-cards</a></p>  | This toolkit of resources helps to support those with a learning disability  |
| <p>What's Your Grief<br/> <a href="https://whatsyourgrief.com">https://whatsyourgrief.com</a></p>  | This website's goal is to create a community that provides hope, creative expression, support, and education to anyone wishing to understand the complicated experience of life after loss |

## Podcasts

All There Is with Anderson Cooper

<https://www.cnn.com/audio/podcasts/all-there-is-with-anderson-cooper>

Cooper begins a series of emotional and moving conversations about the people we lose, the things they leave behind, and how to live after they're gone—with loss, laughter, and love.

Griefcast

<https://cariadlloyd.com/griefcast>

Guests talk about their experience with grief; the honest, the raw, the heartbreaking, the sometimes funny moments.

Grief Out Loud

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

This podcast from the Dougy Center wants you to talk about your grief out loud, in public, and they're here to support you while you do it.

Mindfulness and Grief Podcast (The)

<https://mindfulnessandgrief.com/grief-podcast/>

Heather Stang provides compassionate advice and tips for a mindful approach to grief and the complex emotions that come with it.

Waiting Room Revolution (The)

[Podcast | Waiting Room Revolution](#)

This podcast can help anyone dealing with serious illness. By Hsien Seow and Samantha Winemaker

## Other

Activity Book

Karla Helbert (2012)

[Finding Your Own Way to Grieve](#)

A creative activity workbook for kids and teens on the Autism Spectrum. May be purchased on [Amazon](#)

Colouring Book

Kuyk POD (2021)

Coping with Grief: An Adult Colouring Book for Grief, Loss and Healing

May be purchased on [Amazon](#)

Deck of Cards

Ngaio Parr (2022)

The Grief Companion: A Supportive Guide to Navigating Grief

May be purchased on [Amazon](#)

Journal

Megan Devine (2021)

How to carry what can't be fixed

May be purchased on [Amazon](#))

## Legacy Activities

- ❖ Pieces of You in my Heart – Hospice Wellington (contact [info@hospicewellington.org](mailto:info@hospicewellington.org) )
- ❖ Legacy of Love – Hospice Waterloo Region (contact: [hospice@hospicewaterloo.ca](mailto:hospice@hospicewaterloo.ca) Residence)

**Note:** These are samples of resources that are available. You will need to find ones that are appropriate for you or your PWIDD. Please speak to a Hospice Waterloo or Hospice Wellington staff member for other resources available. Each Residence (Hospice Waterloo and Hospice Wellington) have Resource Toolkits on hand.

## For Health Care Providers

- ❖ Aging & Disability Grieving Resources  
<http://www.aging-and-disability.org/en/grieving>
- ❖ ConnectABILITY Grief & Bereavements Resources  
<https://connectability.ca/2015/03/09/grief-and-bereavement-2/>
- ❖ Irene Tuffrey-Wijne  
Professor of Intellectual Disability and Palliative Care Website  
<http://www.tuffrey-wijne.com/>
- ❖ Light House Beacon Podcast  
Episode15: Children's grief support for individuals living with intellectual and developmental disabilities a clinical perspective  
<https://rshami.podbean.com/e/episode-15-children-s-grief-support-for-individuals-living-with-intellectual-and-developmental-disabilities-a-clinical-perspective/>
- ❖ PCPLD Network  
Supporting people with learning disabilities in Bereavement webinar (Video: 75 min)  
<https://youtu.be/1Z4luRcbJJE>
- ❖ SCOPE  
Supporting People with Disabilities Coping with Grief & loss: An easy-to-read booklet (2007)  
<https://dsagsl.org/wp-content/uploads/2019/02/Grief-Packet.pdf>



## Other Agency Resources

*Local and Provincial/National Associations Supporting people with IDD*

|   |  |
|---|--|
| Adults in Motion (AIM)<br><a href="https://adultsinmotion.org/">https://adultsinmotion.org/</a>   | Kerry's Place<br><a href="https://www.kerrysplace.org/">https://www.kerrysplace.org/</a>   |
| Autism Ontario<br><a href="https://www.autismontario.com/">https://www.autismontario.com/</a>   | L'Arche Canada<br><a href="https://www.larche.ca/">https://www.larche.ca/</a>  |
| Bridges to Belonging<br><a href="https://www.bridgestobelonging.ca/">https://www.bridgestobelonging.ca/</a>   | Nightingale Centre<br><a href="http://www.nightingalecentre.org">www.nightingalecentre.org</a>   |
| Community Living:<br><a href="#">Community Living Guelph Wellington - Disability Services</a><br><a href="#">Elmira District Community Living</a><br><a href="#">Home - Parents for Community Living</a><br><a href="#">KW Habilitation   A community where everyone belongs and participates</a> | OPADD (Ontario Partnership on Aging & Developmental Disabilities)<br><a href="#">Ontario Partnership on Aging &amp; Developmental Disabilities (OPADD) - Reena</a> |
| CRPADD (Central Region Partnership on Aging & Developmental Disabilities)<br><a href="https://pclkw.org/crpadd-resources/">https://pclkw.org/crpadd-resources/</a>  | Waterloo Region Family Network<br><a href="https://wrfn.info/">https://wrfn.info/</a>  |
| Extend-a-Family Waterloo Region<br><a href="https://eafwr.on.ca/">https://eafwr.on.ca/</a>  | Waterloo Wellington Down Syndrome Society<br><a href="https://www.wwdss.ca/">https://www.wwdss.ca/</a>   |

These resources will be updated annually on our websites:

