



Grief & Learning Disabilities

Resource List

Please note: The content of this document is provided for general information only and does not convey our endorsement or recommendation of the items included. It is not a substitute for professional therapeutic or medical advice, diagnosis or treatment. Some of the links to books are affiliate links which means we earn a small commission when they are purchased.

PLACES TO START:

Information Pages and Toolkits:

At a Loss: [Learning Disabilities and Bereavement](#)

Cruse Bereavement Support: [Supporting People with Learning Disabilities through Grief](#)

Mencap: [Dealing with a Bereavement](#)

The Victoria and Stuart Project: [End of Life Care Planning with People with Learning Disabilities](#) (includes the end-of-life care planning toolkit, which includes a guide on Talking About Dying)

Winston's Wish: [Supporting Grieving Children and Young People with SEND](#)

Easy Read Resources

Macmillan: [Your Feelings when Someone Dies and What Can Help](#)

Marie Curie: [Easy Read Resources about Dying, Terminal Illness and Bereavement](#)

DELVING DEEPER:

Books:

Noelle Blackman, [Loss and Learning Disability](#) (2003)

Robin Grey, [Bereavement, Loss and Learning Disabilities: A Guide for Professionals](#) (2010)

For support organisations, please visit out [Grief Hub](#) or NBA's [Grief Support Guide](#).

Sarah Helton, [*A Special Kind of Grief: The Complete Guide for Supporting Bereavement and Loss in Special Schools and other SEND Settings*](#) (2017)

Maureen Oswin, [*Am I Allowed to Cry?: Study of Bereavement Amongst People Who Have Learning Difficulties*](#) (1991)

Irene Tuffrey-Wijne, [*How to Break Bad News to People with Intellectual Disabilities: A Guide for Carers and Professionals*](#) (2012), [*Living with Learning Disabilities, Dying with Cancer: Thirteen Personal Stories*](#) (2010)

Videos and Webinars:

Good Grief Festival Webinar: [Grief and Learning Disabilities: We Need to Talk about Death](#)

Good Grief Festival Grief Chat: [Unspoken Grief: Bereavement and Learning Disability](#) (Pat and Michelle)

Macmillan Support Line: [Supporting People with Learning Disabilities in Bereavement webinar](#)

[*We Need to Talk About Death*](#): Commissioned by NHS Somerset, *We Need to Talk About Death* is a short film produced by biggerhouse film, working with a group of adults with learning disabilities from My Day Care Services. You can also watch the film on the [biggerhouse film site](#).

Victoria and Stuart Project: [I'm Ready to Plan My Funeral! People with Learning Disabilities Share Their Thoughts](#)

PICTURE BOOKS, SENSORY BOOKS AND OTHER RESOURCES:

Beyond Words: [Picture Book Sets About Death, Bereavement and the End of Life](#)

[Books to Help Children with Special Educational Needs and Disabilities Understand Grief](#) (List created by Winston's Wish)

[Good Grief Toys](#)[®] a set of toys which allows children to explore various forms of grief (death, divorce, illness, relocation, school transitions etc.)

Joanna Grace, *When You Were Gone*: www.thesensoryprojects.co.uk/sensory-stories

Arlen Gaines and Meredith Polsky, [*I Have a Question about Death: Clear Answers for All Kids, including Children with Autism Spectrum Disorder or other Special Needs*](#) (2017); [*I Have a Question about Cancer: Clear Answers for All Kids, including Children with Autism Spectrum Disorder or other Special Needs*](#) (2022)

For support organisations, please visit out [Grief Hub](#) or NBA's [Grief Support Guide](#).

Sarah Helton, [*A Jumble of Knotted Thoughts*](#) (a sensory story); [*Remembering Lucy: A Story about Loss and Grief in a School*](#) (a children's picture book about the death of a pupil in a special school, 2017)

Widgit has a set of symbols and resources to support bereavement and grief: www.widgit.com/resources/lifeskills/personal-social/bereavement/index.htm

[About Face Theatre Company](#), a Hereford-based theatre company currently working with actors with learning disabilities to produce an Arts-Council-funded performance about their experiences with grief and loss. It will tour in 2025/26. For more information or to share your lived experience and stories, please contact: martha.fosberry@gmail.com

More from our Facilitator, Sarah Helton:

Sarah Helton (BackPocketTeacher) is a specialist in bereavement, grief and loss in people with learning disabilities/SEND. She provides training and support for everyone who works with children and adults with learning disabilities/SEND www.backpocketteacher.co.uk