



# 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.

### **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)

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

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

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\*](#)<sup>®</sup> 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](http://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)

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)

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Widgit has a set of symbols and resources to support bereavement and grief: [www.widgit.com/resources/lifeskills/personal-social/bereavement/index.htm](http://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](mailto: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](http://www.backpocketteacher.co.uk)

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