Welcome to today’s webinar!

• First time using Webex?
  – You can communicate with other attendees or the host in the Chat Box and seek technical assistance if needed.
  – You can type questions about the material presented in the Q&A section.

• Today’s webinar will be recorded and shared publicly. Please keep this in mind when sharing information and experiences during the webinar.

• We understand this topic will generate many questions. However, due to the limited time we have, we may not get to every question in the Chat Box. We will create a Q&A document to share after the webinar is over.
“Being With”  
People Experiencing Grief and Loss  

Barbara Williams Stewart  
&  
Mary Anne Tolliver
Learning Objectives

1. Participants will learn a post-modern perspective of grief and how to recognize its subsequent expressions and reactions in persons with I/DD.

2. Through a narrative of one person’s terminal illness, participants will learn how to coordinate services/resources for persons with I/DD and their families.

3. Participants will leave equipped with basic tools to “be with” and support grieving persons, their families, other staff and peers.

4. Participants will identify caregiver grief reactions to client losses.

5. Participants will learn coping strategies to ease their grief reactions.

6. Participants will be able to identify “triggers” (Holidays, Family Gatherings, Music, and Birthdays) that may illicit grief reactions.
“In times of grief and sorrow I will hold you and rock you and take your grief and make it my own. When you cry I cry and when you hurt I hurt. And together we will try to hold back the floods of tears and despair and make it through the potholed street.”

~Nicholas Sparks
Monica’s Story
GRIEF & LOSS

- Working Definition of Grief

- The Concept of “Being With”

- Monica’s Story
TYPES OF LOSSES

Relationship breakup
Everyday losses
  job
  retirement
  staff
  friends
  declining health
  move out of family home

Facing mortality
Death of a family member
Monica’s Losses

Parents’ death

Transition to supported living

Unfulfilled dreams

Brother’s death
1. Respecting Individual/Family Wishes
2. Making Decisions
3. Hospice
   - Role of the Individual
   - Role of Support Team
   - Role of the Family
   - Role of the Grief Counselor
Grief Reactions and Expressions

Physical reactions

Behavioral reactions

Cognitive reactions

Emotional reactions

Spiritual reactions
Strategies to Support a Grieving Person

Eye contact and facial expressions
Vocal style
Body language
Verbal following
Open-ended questions
Paraphrasing
Reflecting feelings
THE GIFT of “BEING WITH”
Grief Resources

Books:
In the Presence Of Grief: Helping Family Members Resolve Death, Dying, and Bereavement Issues, Dorothy S. Becvar, 2003

The Tunnel And The Light: Essential Insights on Living and Dying
Elisabeth Kubler-Ross, M.D. 1999

Booklets:
Hard Choices For Living People
Hank Dunn, 2011
To Order: www.hardchoices.com

Gone From My Sight: The Dying Experience
Barbara Karnes, 2008
To Order: www.Bkbooks.com
More Resources

Online:

Supporting People with Disabilities Coping With Grief and Loss

L’Arche Grief Materials
QUESTIONS ??
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