

## 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.



*For people with intellectual  
and developmental disabilities*

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# “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.

# GRIEF

## The Notebook

*“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**

# MONICA





# MONICA





# MONICA



# MONICA



# MONICA





# MONICA



# MONICA



# 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



# TERMINAL CANCER

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](http://www.hardchoices.com)

*Gone From My Sight: The Dying Experience*

Barbara Karnes, 2008

To Order: [www. Bkbooks.com](http://www.Bkbooks.com)



# More Resources

*Online:*

Supporting People with Disabilities Coping  
With Grief and Loss

[www.scopevic.org.au/index.php/cms/frontend/resource/id/130](http://www.scopevic.org.au/index.php/cms/frontend/resource/id/130)

L'Arche Grief Materials

[www.Aging-and-disability.org/en/grieving](http://www.Aging-and-disability.org/en/grieving)

Almost there!

QUESTIONS ??

# Contact Information

Barbara Williams Stewart - [bstewart@slarc.org](mailto:bstewart@slarc.org)

Mary Anne Tolliver - [MTolliver@slarc.org](mailto:MTolliver@slarc.org)

- St. Louis Arc
- <https://www.slarc.org/>