

PATHS

Building Strength During Loss for People with Intellectual and Developmental Disabilities

Easy Read Booklet

RICE UNIVERSITY
Kinder Institute for Urban Research
Center for Community and Public Health

TEXAS COUNCIL for DEVELOPMENTAL DISABILITIES

This booklet belongs to:

_____

Someone who can help me with this booklet is:

_____

About Paths

This booklet is part of the **Paths** project to help people with intellectual and developmental disabilities (IDD) learn about grief and loss.

People in the IDD community guided this project. They shared ideas for these resources.

Paths includes videos and booklets about dealing with grief and loss.

You can use the videos and booklets together or on their own. Use them in any order and at your own pace.

Visit our website to watch the videos and find more resources.

PathsForHealing.org

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About This Booklet

This booklet is written in Easy Read.

Easy Read is one way to make information easier to understand. It breaks information into small parts. Pictures, short sentences, and pages with lots of space help explain each part.

People understand information in different ways. Some people like Easy Read because the words and pictures work together to explain the information.

We hope this booklet helps you learn in a way that works for you.

About This Booklet



This booklet will help you understand loss and how to deal with the feelings that come with loss.



People can lose family members, friends, pets, abilities, or something important to them.



Everyone loses someone or something in their life.

About This Booklet



Losing someone or something important to you can be hard.



You are not alone.
It is okay to ask for help.



There are ways for you to feel better.

Your feelings matter!

My Loss

Who or what did you lose?

What made them important to you?

You can draw, write, or do both!
There are no wrong answers.

Someone Who Helps Me

Who is someone you can go to when things are hard?

You can draw, write, or do both!
There are no wrong answers.

Someone Who Helps Me

How can you reach out to someone you trust for help?

You can draw, write, or do both!
There are no wrong answers.

Words to Know



Grief is what we feel when someone or something important is gone or dies.



Honoring means showing that a person or thing is important to you.



Hope means believing things can get better, even if it doesn't feel that way right now.

What is Grief ?



Grief is what we feel when someone or something important is gone or dies.





Everyone feels grief in their own way.





Some days you might feel okay.





Other days you might feel sad, angry, or confused.

What is Grief ?



It is okay for your feelings to change.



Everyone loses someone or something in their life.



Sharing your feelings with someone you trust can help you feel better.

You are not alone!

Let's Think About This

How did your loss make you feel?

You can draw, write, or do both!
There are no wrong answers.

How Grief Can Feel



Grief can feel different for everyone.



Grief can cause changes in your:

- Body
- Feelings
- Thoughts
- Actions



It is okay to feel, think, or act differently!

How Grief Can Feel

These are some ways you might feel after losing someone or something important.






Body

- Feeling tired
- Stomach hurting
- Head hurting
- Eating more or less
- Sleeping more or less






Feelings

- Sad
- Mad
- Worried
- Lonely
- Grumpy

How Grief Can Feel

These are some ways you might think or act after losing someone or something important.



Thoughts

- Feeling confused
- Hard to think
- Having bad dreams
- Forgetting things
- Thinking about your loss



Actions

- Crying
- Staying busy
- Not wanting to do things
- Wanting to be alone
- Wanting to be with people

How Grief Can Feel



Grief can feel stronger when something reminds you of your loss.



These are some things that can make your grief feel stronger:

- Special days, like birthdays or holidays
- Pictures
- Smells
- Activities
- Places
- People

Let's Think About This

What are some changes you had after a loss?

You can draw, write, or do both!
There are no wrong answers.

Caring For Yourself

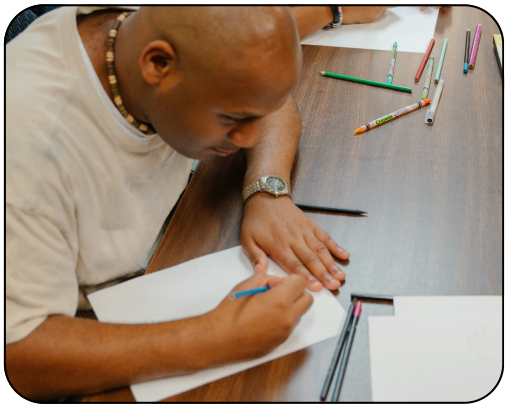
These are some ways to take care of yourself so you can feel better.



Share your feelings with someone you trust.



Rest your body and mind.



Do things you like to take your mind off the loss.

Caring For Yourself

These are some ways to take care of yourself so you can feel better.



Spend time with family or friends.



Eat food you like that helps your body.



Keep yourself and your space clean.

Caring For Yourself



Grief can bring strong thoughts and feelings.

Sometimes, our thoughts make us feel worse.



You might think:
“I will never feel happy again.”

This thought can make you feel sadder.



You can try a new thought:
“I feel sad now, but I can feel happy again later.”

Changing your thoughts can help you feel better.

Caring For Yourself





Everyone is different.

Everyone feels grief in different ways.





What helps you feel better might not help someone else.



Try different things to find what works best to help you feel better.

Let's Think About This

What are some things you can do to take care of yourself after a loss?

You can draw, write, or do both!
There are no wrong answers.

Ways to Remember



Honoring means showing that a person or thing is important to you.



Doing things you enjoy can help you honor someone or something you lost.



Honoring can help you feel close to someone or something important to you.

Ways to Remember

These are some ways to honor your loss that can help you feel better.



Make art, like drawings or a scrapbook.



Listen to music or make music.



Share stories or memories with others.

Ways to Remember

These are some ways to honor your loss that can help you feel better.



Do something nice for someone else.



Plant flowers, a tree, or a garden.



Write down your feelings or memories.

Ways to Remember

These are some ways to honor your loss that can help you feel better.



Keep photos or things that remind you of the person or thing you lost.



Cook their favorite food or food you made together.



Visit a special place that helps you remember.

Let's Think About This

What are some things you can do to honor your loss?

You can draw, write, or do both!
There are no wrong answers.

Asking For Help



It is okay to ask for help.

You can ask for help as many times as you need.



You can ask for help from:

- Family
- Friends
- Doctors
- Counselors
- Anyone you trust

Asking For Help



You can ask someone for help at any time.



You can ask for help by:

- Telling someone you need help
- Asking someone if they can listen to you
- Showing someone how you feel with a picture or note
- Pointing to what you need help with



Asking For Help

These are some ways people can help you after a loss.



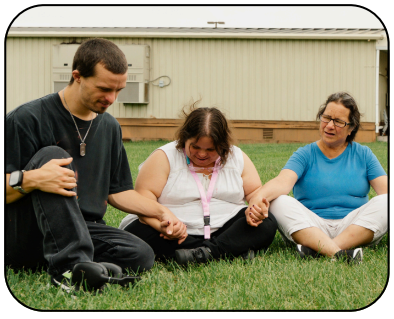
Doing chores or helping with things you need.



Giving you hugs, listening, or being with you.



Talking with you about your feelings or questions.



Sharing comfort from your faith, beliefs, or religion.

Asking For Help

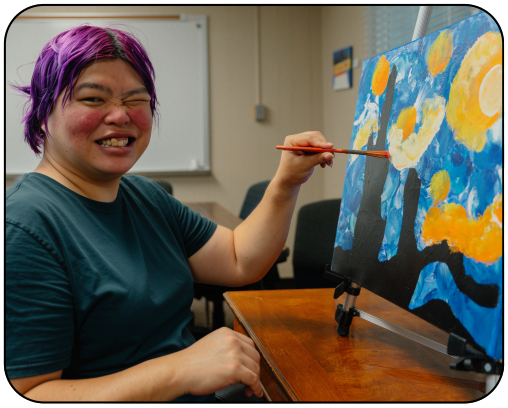


Sometimes people help in ways you don't like.

You can say "no" and tell them what helps you more.



You can say something like: **"I feel really sad about my loss. I need some time alone."**



Taking care of yourself means choosing what helps you feel better.

Asking For Help

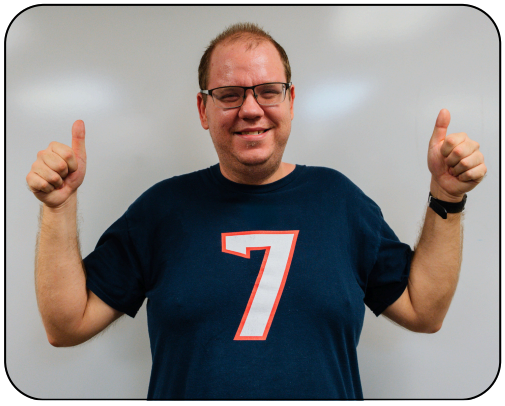


After a loss, you might feel bad about things you wish you had done.

Working through these feelings can help you feel better.



You can work through these feelings by sharing them with someone you trust.



Not everyone feels this way.

It is okay if you don't have these feelings!

Let's Think About This

What kind of help can make you feel better after a loss?

You can draw, write, or do both!
There are no wrong answers.

Finding Hope in You



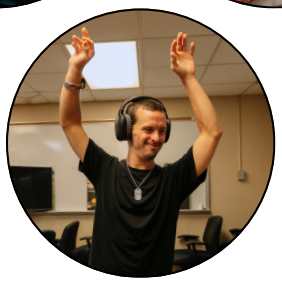
Hope means believing things can get better, even if it doesn't feel that way right now.



Hope can help you feel stronger and look forward to happier days.







You can feel hope when you:

- Remember good times
- Find things you like
- Do things that make you happy

Finding Hope in You



After a loss, it can help to share your story.

Your story is about who or what you lost and what they mean to you.



Sharing your story can help you:

- Remember good times
- Understand your feelings
- Let others know how you feel

Finding Hope in You



You can share your story by:

- Talking or writing
- Making art or music
- Doing something that feels right for you



When you share your story, you might help others feel brave enough to share their stories.

Finding Hope in You



Your story matters!



Your feelings matter!



You matter!

Let's Think About This

What people, places, activities, or things make you feel hopeful?

You can draw, write, or do both!
There are no wrong answers.

Thank You

Thank you to everyone who is pictured in this booklet. We are grateful that you are part of **Paths**.

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Alan P.
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Truc

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Bo's Place
Bridges to Possibilities
Easter Seals Greater Houston
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Houston Mayor's Office for People with Disabilities
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Pursuit Center
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The Brookwood Community
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TEXAS COUNCIL for DEVELOPMENTAL DISABILITIES

RICE UNIVERSITY
Kinder Institute for Urban Research
Center for Community and Public Health

Anchorage Foundation of Texas

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Learn more about **Paths** by visiting

PathsForHealing.org



We hope these resources help you and the people you care about.