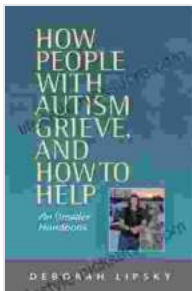


How People With Autism Grieve And How To Help

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How People with Autism Grieve, and How to Help: An Insider Handbook by Deborah Lipsky

★★★★☆ 4.3 out of 5

Language : English
File size : 266 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 130 pages



Autism is a complex developmental disorder that affects an individual's ability to interact with others, communicate, and behave appropriately in social situations. People with autism may also have difficulty understanding and expressing emotions, which can make grieving a particularly challenging experience.

While everyone experiences grief differently, there are some common ways that people with autism may grieve.

- **Difficulty understanding the concept of death.** People with autism may not understand that death is permanent and irreversible. They may also have difficulty understanding the concept of "dying" and what it means for a loved one to be gone.
- **Difficulty expressing emotions.** People with autism may have difficulty expressing their emotions, including grief. They may not be able to talk about their feelings or may only be able to express them in limited ways.
- **Repetitive behaviors.** People with autism may engage in repetitive behaviors, such as rocking back and forth or flapping their hands, as a way to cope with grief.
- **Sensory sensitivities.** People with autism may be sensitive to certain sensory stimuli, such as loud noises or bright lights. These stimuli can make it difficult for them to grieve and may trigger other behaviors.

How to Help People with Autism Grieve

There are several things that you can do to help a person with autism grieve:

* **Be patient and understanding.** It is important to remember that everyone grieves differently, and people with autism may need more time and support than others. * **Use clear and concise language.** When talking to a person with autism about death, use clear and concise language. Avoid using euphemisms or metaphors, as these may be difficult to understand. * **Allow them to express their emotions in their own way.** People with autism may not be able to express their emotions in the same way that others do. Allow them to express their grief in their own way, even

if it is different from what you expect. * **Provide a safe and supportive environment.** Create a safe and supportive environment where the person with autism feels comfortable expressing their grief. This may involve providing them with a quiet place to go, offering them a hug, or simply listening to them talk. * **Seek professional help if needed.** If you are concerned about a person with autism's grief, seek professional help. A therapist can help the person understand death, cope with their emotions, and develop healthy coping mechanisms.

Grieving is a difficult experience for everyone, but it can be especially challenging for people with autism. With patience, understanding, and support, you can help them through this difficult time.

Additional Resources

* [Autism and Grief: A Guide for Families]

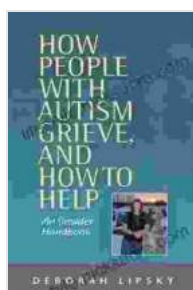
(<https://www.autismspeaks.org/autism-and-grief-guide-families>) * [Helping Children with Autism Spectrum Disorder Understand Death]

([https://www.understood.org/en/school-learning/for-](https://www.understood.org/en/school-learning/for-educators/articles/helping-children-with-asd-understand-death)

[educators/articles/helping-children-with-asd-understand-death](https://www.understood.org/en/school-learning/for-educators/articles/helping-children-with-asd-understand-death)) *

[Supporting Adults with Autism Spectrum Disorder Through Grief and Loss]

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5729678/>)



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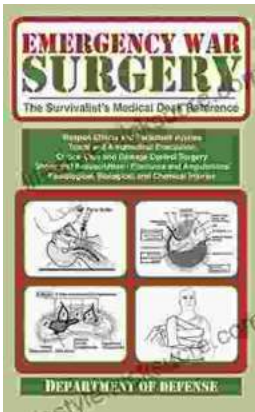
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