

# How to Deal With Loss or Grief of Love Ones



<https://www.youtube.com/watch?v=JI7axuleVxI&t=1s>

In the past, people with disabilities were considered unable to grieve.

We know. This false idea is ridiculous.

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Because of that, often we are not told the truth if someone we love is sick and dying. People with disabilities may be left out of funerals. We are not always taught about death, and ways to get community support when a loved one dies.





- Remember, there are no right or wrong feelings while dealing with grief.
- Give yourself time. Be honest.
- But also do not ignore the fact that someone has died. If a member of your group dies you need to show respect. Contact their friends and family and say you are sorry for their loss.
- Depending on a person's religion or culture there are social expectations of grief:
  - Interacting with people in an emotional way,
  - attending funerals, wakes, or memorial services
  - sending a card
  - things you should and shouldn't say.

The 5 stages of grief are a way to understand how people deal with loss. This is outdated but it does explain some of our feelings

1. **Denial:** This is when people try to protect themselves from the pain by not believing the loss is real. They might avoid talking about it or act like nothing has changed.
2. **Anger:** People may feel upset and think the loss is unfair. They might get mad at themselves, others, or even the person or thing they lost.
3. **Bargaining:** This is when people think about what they could have done to stop the loss from happening.
4. **Depression:** During this stage, people feel sad and hopeless because they realize they can't change what happened.
5. **Acceptance:** The last stage, when people start to come to terms with the loss and find a way to move forward.



## Here are some other ways to cope with grief:

- **Support groups:** You can join support groups through hospitals, hospices, funeral homes, or counseling centers.
- **Grief counseling:** Talking with a grief counselor or therapist can help you learn to accept a loss.
- **Creative expression:** Doing things like making art, crafting, or playing music can help you express your feelings.
- **Scheduling time to grieve:** Setting aside time each day to focus on your grief can help you deal with strong emotions.

The most important thing you can do for someone who is grieving is to be there for them and show that you care.



The people around us can really affect how we handle grief. Some people might help us heal, while others might not. Sometimes, people try to fix our grief by telling us to just move on, but that doesn't help. What helps the most is listening. Being there for someone, even just to listen, can make a big difference.





**Video Shared by Julian Wang from Colorado**



Before we go into breakout rooms to talk about grief. We had 2 people who signed up to comment today. **Julian from Colorado, Danielle L from New York and Robert L from California will share tips** for how we can teach and support our self-advocacy groups to learn how to deal with the loss of a loved one.



# It's all about Peer Support

What can your  
self-advocacy group  
do to support one  
of your members  
when they have  
lost a loved one?