

Autism and bereavement resources | Last updated October 2023

Autistic people are not always well supported during a bereavement. Misunderstandings about what people are expected to feel or how they are supposed to act can complicate an already difficult time. Leeds Bereavement Forum has put together a list of resources to support autistic people, their families and professionals around bereavement.

Autism and Bereavement | @neurodivergent_lou

<https://www.instagram.com/p/Celws9TM99A/?igshid=MDJmNzVkMjY%3D>

Supporting a bereaved autistic child | Child Bereavement UK

<https://www.childbereavementuk.org/supporting-a-bereaved-child-who-is-autistic>

Funeral care and neurodiversity: what you need to know | www.poppysfunerals.co.uk

<https://www.poppysfunerals.co.uk/talking-death/funeral-care-and-neurodiversity-what-you-need-to-know/>

Bereavement - a guide for professionals | National Autistic Society

<https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/professionals>

Autism and Bereavement | Purple Ella

<https://www.purpleella.com/2018/03/01/autism-and-bereavement/>

Autistic Grief is not like neurotypical grief | Talking person's guide to autism

<https://thinkingautismguide.com/2012/08/autistic-grief-is-not-like-neurotypical.html>

Helping Autistic Children Understand Death and Dying | Talking person's guide to autism

<https://thinkingautismguide.com/2017/10/helping-autistic-children-understand.html?%C2%A0>

Navigating Grief as an autistic (or) ADHDer | @autistic_callum_

https://www.instagram.com/p/CyynqN_MwNj/

Alexithymia and Autism [Not specifically bereavement but understanding emotions]

<https://autisticgirlsnetwork.org/autism/alexithymia-and-autism/>