

Learning Disability Resources

Disability
West Lothian

Factsheet 3

Nov 2006

This sheet is the Third in a series promoting the resources available from Disability West Lothian based at The Ability Centre in Livingston.

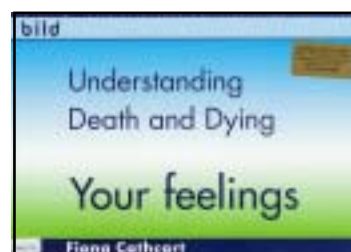
Below is a range of topics available from the learning disability resources.

- Advocacy
- Autism
- Bereavement and Grief
- Communication
- Employment
- Family
- Fiction
- Health
- History of Learning Disability
- Holiday and Recreation
- Housing
- Mental Health
- Older People
- Personal Safety and Assertiveness
- Relationships and Sexuality
- Reports and Resource Packs
- Transition

Karen Strang the Information and Research Worker for Learning Disabilities is available to help with any enquiries.

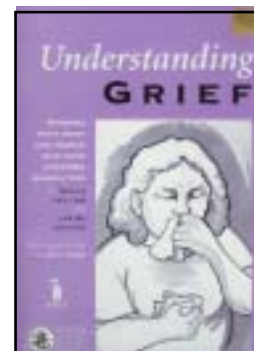


Bereavement and Grief



This is the first book in the series 'Understanding Death and Dying', it encourages a person to think about their own feelings if a relative or carer reads through the book with them.

Understanding Grief is a comprehensive learning resource based on the picture book **When Dad Died** and the video **When People Die**. The pack is designed to facilitate death education and bereavement counselling either for children, or for adults with a learning disability.



The video included in the pack is in two parts:
Part 1 tells the stories of two people, Chris and Geraldine, and follows the various stages of their bereavement.
Part 2 shows each picture featured in the accompanying book, When Dad Died.



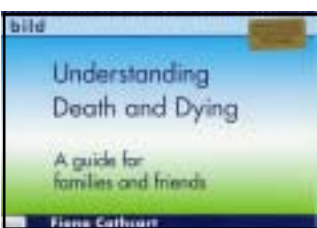
This book is from the 'Books Beyond Words' series tells the story of Mary, who is very upset when someone she loves dies. She is encouraged by a friend to go and see a counsellor. Her regular counselling sessions help her to gradually feel less sad.

Later on in the book, Mary's friend John also loses someone he is close to. He is given comfort and companionship by his friends, and learns to cope with life better as time passes.

This booklet has been written to support an adult with a learning disability after someone close to them has died.

It also can be personalized for the person reading the booklet.

Produced by Down's Syndrome Scotland.



This book is the second in a series of books to help people with a learning disability understand and respond to death and bereavement. This book will aid relatives and others who support a family member or friend with a learning disability who is facing bereavement or who has been bereaved.

Just a reminder that our resource base is linked with West Lothian Library Service.

You can either pop down to your local library and make an enquiry there or you can order a book online and collect it from your local library at your convenience.



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This publication can be made available in alternative formats and media please contact Disability West Lothian to arrange.