



Grief and loss

Easy Read



proudly
supported by



About this sheet



This Easy Read fact sheet is by Down Syndrome Australia.



We talk about grief and loss.

We talk about

- feelings you might have
- ways to help yourself feel better.



We also share some places where you can get support.



Please remember, this is not health advice.

You can talk to your doctor if you want to know more.

What are grief and loss?



Grief means feeling sad when you lose someone or something important.



Loss can happen when

- someone dies
- a pet goes away
- life changes
- people I know may leave or move away.



It is important to get support with grief and loss.

Talking about it can help people heal and get the right support.

What are the signs?



Signs of feeling grief or loss:

- I may cry or have sad feelings.



- I may not want to talk or do usual things.



- I may not sleep well.



- I may eat more or less food.

A person with Down syndrome might show these signs:



- I may seem quieter or upset.
- I may show anger or be worried instead of being sad.



- I may have trouble understanding what happened.

How does it feel?



Everyone feels grief and loss differently.
Feelings can change from day to day.



I may feel:

- Sad or upset
- Tired
- Lonely
- Confused
- Angry.



My family and support people can help with these feelings:



- Be patient and kind with me.
- Use clear words to help me understand.



- Take time to talk with me or help me share memories.

Things that can help

Things I can do to feel better:



- I can talk about the person or thing I miss.



- I can look at photos or do something that helps me remember.



- I can spend time with people who care about me



- I can talk about feelings.



- I can eat healthy foods and get plenty of rest.



- I can do things that make me happy or feel better.

People who can help



How family and support people can help:

- Listen and comfort me with hugs or kind words.



- Help me to keep doing my daily routines.



- Help me do things to say goodbye.
Like go to a funeral.
Or talk about the person or thing I am missing.



How health professionals can help:

- Give me counselling or emotional support.



- Help me understand and cope with my feelings.

When to get more help



Signs that the problem is getting worse:

- I may feel sad all the time.
- I may have trouble sleeping or eating.
- I may feel angry for a long time.
- I may stop doing things I usually do.



People I can talk to:

I can talk to a doctor, counsellor, psychologist or support worker I trust.



What to do in an emergency:

If I feel very unwell or unsafe
call 000.

Or go to hospital.

For more information

Places to get support or help:

Lifeline:

13 11 14

For 24 hour support.

GriefLine:

1300 845 745

To talk about grief and loss.

Down Syndrome Australia:

1300 881 935

www.downsyndrome.org.au

The Down syndrome association in your area can give you information and advice.

People and professionals in your area:

- Family and friends
- Support workers
- counsellors
- Local community services

Down Syndrome Australia



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