

My Life, My Story: How To

-Does veteran have one? Look in **Postings/CWAD** tab
 ~ ½ veterans say *No thanks*.
 -mention from outset:
-You don't talk about anything you don't want.
-Not specifically military focused
 -We want to get to know more about who are as a person, because it's important!
-any Veteran may do this; these stories honor the diverse experience of Veterans of all ages, races, ethnicities, genders, sexual orientation, and backgrounds.

-Start interview:
Where'd you grow up, what was it like?
 -take **handwritten notes**-this is an **intensive listening exercise!**
 -You write up the story from your notes.

-Write in Veteran's voice: *I grew up...I enlisted.*
 -target length ~ **1000 words**
 -write in WORD

-Always **offer** to read back story
 -many veterans don't care to hear it back. **This is fine!**
 -if they **do** want to, **READ** it back-make any corrections in real time.
 -this can be a meaningful part of the experience

-Make any changes veteran suggest.
 -usually very few changes, small details

-Note title **MY STORY**
 -copy/paste from WORD.
 -Veteran may have as many copies as they like.
 -print from WORD, 14 point, Times New Roman
 - if Veteran is interested in having their story shared beyond the chart (ie., for training or education) please email : vhabhsmystory@va.gov.
 Otherwise, no consent needed.

Find veteran to interview

Interview

Write

Read back

Edit

Put in CPRS;
 give veteran copy

ZZMOUSE, BASHFUL B (OUTPATIENT) Visit Not Selected No PACT assigned at any VA loc Flag JLJ ? Postings
 000-00-5551 May 12, 1930 (88) Provider: NATHAN, SUSAN Remote Data CWD

Allergies	Severity	Signs / Symptoms
No Known Allergies		
Crisis Notes, Warning Notes, Directives		
Rescinded Life-Sustaining Treatment	Feb 05, 19	
Life-Sustaining Treatment	Oct 23, 18	
Life-Sustaining Treatment	Oct 15, 18	
Life-Sustaining Treatment	Jun 20, 18	
Abuse And Neglect	Oct 10, 18	
Abuse And Neglect	Oct 10, 18	
My Story	Jan 30, 18	
Dnr Activation	Jun 08, 17	

My Life, My Story: Some Questions to Ask

Discuss Veteran's childhood. Focus on topics that feel safe to the Veteran about childhood, upbringing, etc. Some potential questions include:

- Where did you grow up? What was it like?
- Describe your relationship with your family or caregivers. What do you remember them teaching you?
- Was anyone else in your family in the military? If yes, how much did that person talk about that experience?
- What were you like as a kid?
- How many siblings did you have? Where did you fall in that order?
- What was your favorite area of study in school?

Proceed to later periods in life and significant relationships and events.

- What branch of the service were you in? How did you pick it?
- How long did you serve? Where were you stationed? What was your job when you were in the service (MOS)?
- What did you do when you got out of the military?
-

Explore major turning points in life and career and important lessons learned. Some suggested questions:

- How/when did you meet your significant other (if applicable)? What is the secret to your relationship (if applicable)?
- Any children? (Great) Grandchildren? Are you involved in raising anyone? Do you have any individuals from younger generations such as students/nieces/ nephews/people you mentor/neighbors/community members you help care for?
- What hobbies do you enjoy?

Spend time on major life lessons learned, anything noteworthy that the Veteran has not yet revealed, but feels is important to their life story.

- What advice or wisdom would you like to pass on to others?
- What is most important to you? What do you value most in life?
- What has affected you and your family most?
- What has been the most significant change you see in yourself?
- What do you want your healthcare team to know that they don't already know?

Finish with some deeper questions if these answers were not previously captured:

- What are you most grateful for?
- What are your major achievements or what have been your major achievements to date?
- What are you proud of?
- What do you hope for your future?
- How would you describe your family legacy?
- If you were to live your life over again, what would you do differently or change? What would you keep the same?

If relevant you may want to include pandemic related questions

- What has this experience been like? What would you want others to know?