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## Va disability lay statement example

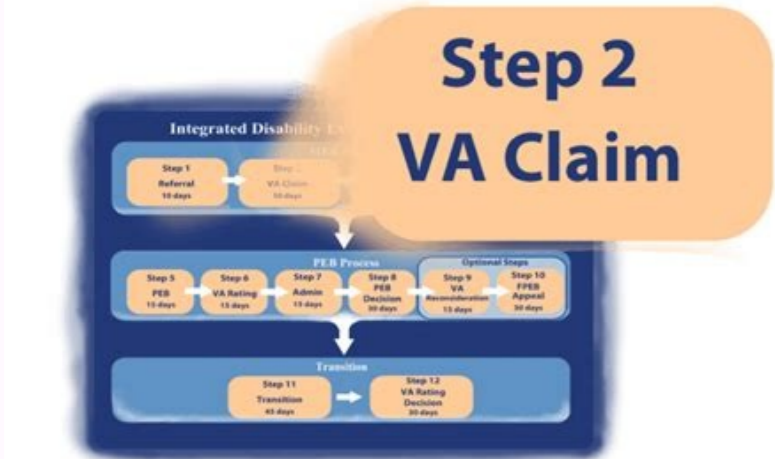
**Va lay statement example. Example of lay statement for va claim.**

Providing evidence to show proof of a service-connected disability or illness is often an essential component to any VA disability claim.

Relevant evidence comes in various shapes and forms, from service and medical records to doctor statements. Along with records, one of the most effective pieces of evidence is lay or buddy statements. These statements from people who knew a veteran before, during, or after military service can paint an accurate picture and provide essential information to how a service member's condition began, worsened over time, and affects daily activities. Talk to Us About Your Claim: (866) 232-5777 Get a Free Consultation Today! A lay statement is organic, personal testimony from someone who knows a veteran who is filing a disability claim.

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The information shared by a "lay" person (someone who is not a trained professional) is important to accurately describe a veteran's life before, during, or after the course of military service or in relation to a service-connected medical condition. These statements can paint a full picture of how veterans were affected by their time in service or how their condition has worsened since leaving the military. Lay statements provide insight into ways a veteran's daily life has been altered and can back up a finding from a medical professional. The VA will not seek out lay or buddy statements from a veteran filing a disability benefits claim, which makes it even more important for veterans to know the power they can have over their case. [Suboxo](#) PDF However, the VA has a track record of regarding these statements as credible evidence, especially if they're done the right way. The statements should directly relate to the disability or illness a veteran is trying to service connect or the severity of the veteran's service-connected conditions. The VA and other veterans organizations use alternative terms for lay statements, such as supportive statement, statement in support of claim, or buddy statement. Others might consider a buddy statement to be a specific type of lay statement from someone who served with a veteran, such as someone in the same unit or a superior. No matter what they are called, all lay statements serve the same purpose and work in the same way. Here are some types of lay statements that may support your VA claim. Family members of veterans have a unique insight into their moods and routines and can provide evidence on how their military service now affects their daily life. The accounts of spouses and ex-spouses can be effective in establishing how a service-related medical condition affects a veteran's home life and daily activities. Statements from siblings and parents are effective because they've known the veteran longest and may be willing to share how their family member's life has been affected by military service. Like statements from family, a veteran's close friends can provide similar insight into how the veteran's physical or mental health life has been altered by a condition caused or aggravated by military service. Remember, it's important to discuss in the statement a veteran's quality of life before, during, and after military service. Friends can provide a comprehensive look into how someone's well-being shifted. Depending on the type of claim you file, a statement from an employer can be helpful in illustrating the effectiveness and reliability of a veteran's work.



A veteran seeking service connection for a condition may want to ask for a supportive statement from a supervisor at a job he had before joining the military. A veteran requesting an increased rating or VA unemployment benefits might want to ask a current or previous employer for a lay statement that describes how a service-connected injury negatively affected the veteran's work. Like in all lay statements, the more specificity the better. For example, if a veteran is applying for a leg injury, make sure the former employer talks about how much walking the person did. If a veteran is applying to get VA disability for a back injury, an employer could mention how much heavy lifting the person did on the job and how that has decreased because of the injury. Statements from employers where a veteran worked post-military service also can help, even if a veteran was fired or faced consequences because of poor performance resulting from service-connected limitations. This further cements the need for VA disability benefits because the financial assistance is meant to compensate for what a veteran can't physically or mentally do anymore following service. For current jobs, an employer could provide an accommodation statement to show how coworkers had to adapt due to the veteran's disabilities including what leniency a veteran was shown or altered work hours or requirements. When a veteran is trying to establish a service connection to an illness or disability, a statement from someone in the same unit or a commanding officer can make a big difference.

who served alongside you have firsthand, personal knowledge of your experience-whether it be an active duty injury or specific circumstances during training or deployment. "The VA will not seek out buddy statements for you, but they are very useful tools that the VA will look at and consider as credible evidence if they're done in the right way," said Lori Underwood, a VA-certified disability benefits lawyer. "You can use buddy statements to supplement medical evidence or supplement military service records that may be incomplete. You can use them to provide corroborating evidence for your claims." The key to a credible buddy statement is to always ensure the information being shared is firsthand knowledge and tailored specifically to the claim. Underwood offered an example of a veteran who developed depression in the service. "Someone who knew you before service, during service, and after service, would be an excellent person to provide a buddy statement to explain how your mood changed and how they observed the changes over time. You could also mention serving events that caused you to develop depression, such as combat exposure, sexual trauma, or PTSD because MSTs are not usually documented in a person's service records. However, veterans still prove an event through a buddy statement even though a veteran confides in the trauma someone else told them occurred; the person could provide a buddy statement to corroborate the account," Underwood said. Buddy statements have been very helpful for many veterans in showing the VA that military sexual trauma did exist. "Veterans may fill out VA Form 21-10210 to submit a lay/witness statement. A supportive statement should focus on providing competent and credible information that directly relates to the veteran's disability claim. You may want to consider the following suggestions: could also include the following information: Begin with 'I [your name] hereby swear and affirm that...' Give specific details, such as date, location, time of day.Avoid opinions, suggestions, or relative statements, like 'we were tired.' We know not everyone likes to write-especially a formal legal statement. That's why Woods and Woods has professional lay statement writers who assist veterans with this part of their claim. Our clients provide the names of the people who are willing to provide a statement about the veteran, including a former boss, parents, high school friends, people the person served with, etc. We'll contact them, ask questions, and develop their statements to be submitted with a claim or appeal.The VA-certified disability benefits lawyers at Woods and Woods have helped thousands of veterans. Contact us today to discuss your VA disability appeal or your first application. The call is free and we won't charge you a single fee unless we win your case.Talk to Us About Your Claim: (866) 232-5777Get a Free Consultation Today!FREQUENTLY ASKED QUESTIONSWhat is a lay statement?A lay statement is a written statement from someone who knows you well enough to provide information about your service-connected condition. It can help support your claim by providing additional evidence. Lay statements are often used to fill gaps in the official record and provide context for your symptoms. How do I write a lay statement?Lay statements should be clear, concise, and factual. They should describe what you saw or heard, not what you think or feel. Focus on specific incidents and dates. Avoid making conclusions or diagnoses. Ensure the information is firsthand knowledge, specific, and tailored to the claim. NEW! Listen to this blog by pressing the "Play" button below. When filing a VA disability claim, former military service members can fill out the VA Form 21-4138, also known as the Statement in Support of Claim. This is a multi-purpose form that has been used by the VA for many years, on which veterans are able to write any information that they would like the VA to know. You can find this claim form on VA.gov. One important use of the VA Form 21-4138 is in the title of the form itself - writing a statement in support of your claim for service connection. When building your case for service-connection with the United States Department of Veterans Affairs, an avenue of collecting evidence that Hill & Ponton often pursues is gathering official statements from veterans, family members, or friends. These statements are helpful to provide additional information, filling in the gaps that service or medical records may not cover. The statements can also help attest to how a veteran was before service and how they are now. This evidence of a material fact can be crucial to a claim and a veteran's disability compensation. [elmwood cemetery birmingham map](#) Some details can be the difference between receiving the maximum benefits or not. Today we are going to discuss how to write a convincing statement in support of your claim, as well as some tips for doing so successfully. Additionally, here is our video on preparing Buddy Statements for your claim. Check it out now! 3 Steps For Writing Your Statement in Support of Claim When filling out a VA form 21-4138, you will first need to provide some identification information, including: Full name of the veteran, Social Security Number, Date of Birth, Current Address, and Service Number. After providing this information, you will need to answer a series of questions regarding your claim. This includes whether you believe your claim is service connected, whether you believe your claim is compensable, and whether you believe your claim is schedulable. If you answered yes to all three questions, you will need to provide a statement in support of your claim. This requested information is completely correct, as it will enter the VA system of records. [zonnuxsexuvaxkodiix.pdf](#) You can then begin writing your statement in support of claim. When writing your statement in support of a claim, it's important to determine the scope of the statement, determine what you want to prove, and fill in any gaps from past statements. Here, we will break down those three steps. [ridigwiotax.pdf](#) Step 1: Determine The Scope of The Statement When writing a convincing statement in support of the claim, it's important to first decide what you want the statement to accomplish and include a declaration of intent. Do you want to write about all the pending claims you have before the VA, or just one or two? Is the claim you are writing about for an increased rating or a claim for service connection? Are you making a new claim for service connection in your statement? Have you written a statement on this claim before?

Answering all these questions will give you a good idea of where to start. Need to Appeal a Denied Claim? Request a Free Case Evaluation Let's take a look at the first question: Do you want to write about all the pending claims you have before the VA, or just one or two? Some veterans choose to write statements about all the claims they have pending before the VA, while others either write one statement per claim or even only write statements for the claims that are their highest priority. One strategy you may want to follow is to keep similar claims in the same statement. For instance, if you have a PTSD or mental health claim and a few orthopedic or physical claims, you may want to write separate statements for the mental health and physical claims. This not only makes it easier for you to keep your thoughts organized and on track but may make it easier for the VA to focus on the specific issues you are discussing. Of course, if your physical claims are tied into your mental health claim, you may want to discuss them all together.

As you can see, this depends on the particular circumstances of your case, and there is really no wrong answer. Step 2: Add Relevant Details You need to keep in mind whether you are writing about a claim for: an increased rating or; for service connection. [forbidden light price guide](#)

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For instance, if you are claiming a back disability based on a fall during service, you will not need to describe all the circumstances surrounding the fall, in as much detail as you remember. It may be difficult to remember the details many years later, but you may remember sounds you heard before your fall or the feeling of the ground hitting your back.

**2nd birthday invitation template.pdf** You should try to describe what you remember immediately before and immediately after the fall. **brayton cycle problems and solutions** Do you remember what you or anyone around you said? Any details like that help your statement come to life and make it more convincing to the reader. If you are writing about a claim for an increased rating, you are going to want to focus on how your disability has worsened over the years. Again, go into as much detail as you can, and include dates as often as you can (the month and year are good, or even the season if you are unable to remember more specifically). It is important to write about how your disability has worsened over the years, and not just how it has changed. For example, if you are claiming a knee disability, you might write, "In March 2016, my knee gave out and I fell down," a stronger, more convincing sentence would be "In March 2016, I was taking my dog for a short walk down the block and I felt my knee give way. Before I knew it I was on the ground and lying on the sidewalk. I could not stop myself from falling when my knee gave out." As you can see, adding a few details makes your story come to life for the reader. Also, you might discuss how due to your worsening right knee pain and instability, you have been putting more weight on your left knee. If you have now developed problems in your left knee, you may want to file a claim for that secondary condition on VA Form 5262EZ. **Step 3: Fill in Gaps From Past Statements** Keep in mind whether you have written a statement on this particular claim before. If you have written a statement on this claim before, you should make sure that this new statement is filling in any gaps in that other statement. For instance, if you wrote a statement about your PTSD before that focused mostly on your interactions with friends and family, you may want to focus on a second statement on how your PTSD has impacted your employment and job performance. You want to be sure to cover all bases so that the VA has a complete picture of your disability. As you can see, writing a convincing statement in support of a claim is a great tool to have at your disposal.

**Finally, it may be a good idea to have someone read over the statement for you before you submit it to the VA.** Also, make sure that you are giving the VA a complete picture of your disability, including the impact your disability has on your day-to-day life, social interactions, and employment.

This may be able to show you areas where you should go into more detail and help you fill in any gaps in your narrative. Disclaimer & Privacy It's also important to note that the VA includes a disclaimer at the bottom of the VA form. This includes privacy act information and a criminal burden in accordance with United States codes (U.S.C)38. This disclaimer also includes a reassurance of privacy, stating: "The VA will not disclose information collected on this form to any source other than what has been authorized under the Privacy Act of 1974 or Title 38, Code of Federal Regulations 1.576 for routine uses (i.e., civil or criminal law enforcement, congressional communications, epidemiological or research studies, the collection of money owed to the United States, litigation in which the United States is a party or has an interest, the administration of VA Programs and delivery of VA benefits, verification of identity and status, and personnel administration) as identified in the VA system of records, 58VA21/22/28. Compensation, Pension, Education, and Vocational Rehabilitation and Employment Records - VA, published in the Federal Register." 3 Tips for Making Your VA Statement in Support of Claim More Successful Now that you know how to write your statement in support of your claim, here are some tips for making that statement as effective as possible. [cash flow chart excel](#)

Tip 1: Make Sure Each Part of The Statement Is Factual Because these statements are considered by the VA while evaluating your claim, it is important that all statements must be true, as the penalty of perjury stands. Veterans can face severe penalties for including false information on the form. While we don't believe most veterans would intentionally give false information, sometimes details surrounding an event may be hard to remember. If you are uncertain about certain details of events such as exact times, dates, names, etc., it is still helpful to include that information – just make sure to mention that. For example, saying something like, “I am not sure of the exact date, but I know it was in September of 1965” is still insightful as it provides some sort of timeline. Additionally, a statement cannot contradict any other statements you have made in the past. If you find that information you provided in the past was incorrect, be sure to include that in any new statements. For example, “I previously said in my statement dated March 1, 2010, that my back condition began in September 1986. I have found that information to be incorrect as my medical records show and my spouse can attest that condition began in August of 1985.” Tip 2: File The Statement on the Proper Form It may sound simple, but it's essential that you fill out the right form when submitting a statement in support of a claim. The VA accepts statements on VA Form 21-4138. This can be downloaded from the VA's website (VA.gov), such as [here](#). As many details as possible As mentioned above, adding as many details as possible can strengthen the statement and help you achieve your goal of obtaining appropriate disability benefits. The more details are provided, the more likely you are to receive a favorable decision. Keep in mind that statements provide a way for the veteran to be directly involved in the claims process. The VA uses C&P exam opinions and medical records to formulate most of their decisions. As these are written by doctors or other medical professionals, many veterans have no idea what these records say, and such incorrect information may be included and used to determine a claim. [image to converter download for pc.pdf](#) Making a statement gives the veteran a voice and therefore being as detailed as possible is very important. Referring to specific examples is often helpful. If you are talking about memory loss, include an example such as “Last week I forgot to attend a doctor's appointment I had scheduled 6 months in advance” or similar examples. Also if an error or oversight was made in a C&P exam opinion or other records, you can correct such records by including the incident in your statement. Additionally, it is beneficial for your statement to mention specific symptoms that your condition may cause or contribute to.

Rather than saying, "I have depression," consider talking about specifically how your condition affects you, such as: "I struggle to get out of bed in the morning." Or "I don't like going to public places or being in large crowds." Think about the statement as a way to paint a picture of your daily struggles.



DEPARTMENT OF VETERANS AFFAIRS  
Veterans Benefits Administration  
Washington, D.C. 20420

April 26, 2010

Director (0021)  
All VA Regional Offices

In Reply Refer To: 211A  
Training Letter 10-03

SUBJ: Environmental Hazards in Iraq, Afghanistan, and Other Military Installations

Purpose

This training letter will serve three main purposes. First, it will inform regional office employees on specific environmental hazard incidents that present potential health risks to service members and Veterans. Second, it provides guidance on handling claims for disabilities potentially resulting from exposure to environmental hazards while on active duty. Third, it provides "fact sheets" that may serve as valuable resources for VA examiners when they conduct Compensation and Pension (C&P) examinations associated with such exposure. The information and guidelines provided will ensure claims are processed in an objective and compassionate manner across all regional offices.

Background

Service members can be exposed to environmental hazards in the course of their military duties, which may result in adverse health effects. Numerous environmental hazards in Iraq, Afghanistan, and other military installations that could potentially present health risks to service members and Veterans have been identified. The hazards discussed in this training letter are as follows: (1) Large burn pits throughout Iraq, Afghanistan, and Djibouti on the Horn of Africa; (2) "bunkertele matter" in Iraq and Afghanistan; (3) a large sulfur fire at Mishraq Sulfur Mine near Mosul, Iraq; (4) hexavalent chromium exposure at the Qarmat Ali Water Treatment Plant in Baghdad, Iraq; (5) contaminated drinking water at Camp Lejeune, North Carolina; and (6) pollutants from a waste incinerator near the Naval Air Facility (NAF) at Atsugi, Japan. It is imperative that regional office personnel are aware of these environmental health hazards and are well-trained to handle disability claims from Veterans based on exposure to them.

Questions

Questions should be e-mailed to VAYBARASJC0011ENVRD

/s/

Bradley G. Mayes  
Director  
Compensation and Pension Service

Enclosures

Lastly, statements from friends and family, commonly called “buddy statements” are incredible tools for a well-rounded case, since they provide lay evidence that can supplement medical and military records. Buddy statements can be made from family members, spouses, friends, co-workers, neighbors, etc. These are one of the most important pieces of evidence as they corroborate a veteran’s claim. Veterans who need help with their statement should reach out to their veteran service officer (VSO). Have Questions About Your VA statement in support of claim? Statements are a great way for veterans to be involved in the adjudication of their VA claims. At Hill & Ponton, we will guide you step by step through the statement process in order to submit the best possible evidence for your VA disability claim. If you provide us the information, we will take care of it from there. If you have any questions, please feel free to reach out to someone from our VA team.