

Commonly asked questions:

**1- What if I change my mind?**

—That is ok, you can stop at any time.

**2- What happens to the information?**

—Once you approve your story, it becomes part of your medical record. You will also get a copy.

**3- How long does it take?**

—It will take about one hour, it depends on how much you would like to share.



Approval Code VHEI 1081 OCT 2018

If you are interested in participating...

Please contact

Angel Duncan, LCSW

Veteran Experience Officer

914-737-4400 ext. 202282  
or 914-469-1405

You will be contacted by our staff within 5-7 days.

We will call you to arrange a meeting time. Please plan for about one hour.

We look forward to meeting you and hearing more about your story.

**VA Hudson Valley  
Health Care System**

**FDR Montrose Campus**

2094 Albany Post Road  
Montrose, NY 10548  
914-737-4400

**Castle Point Campus**

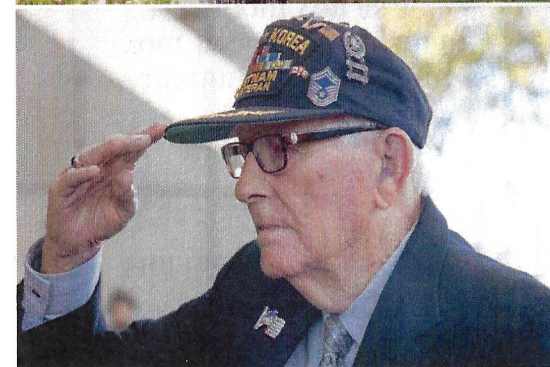
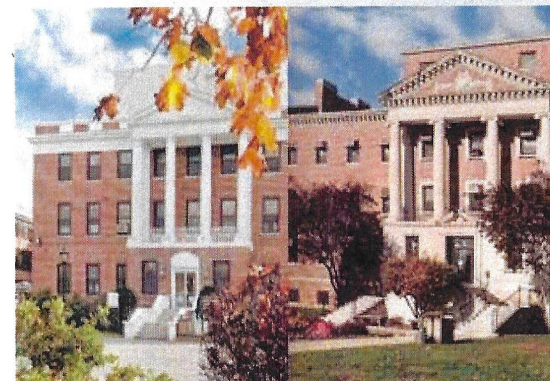
41 Castle Point Rd  
Wappingers Falls, NY

<http://www.hudsonvalley.va.gov>

**VA**



U.S. Department  
of Veterans Affairs



***My life,  
My story***

We would like to  
know your story...

## My Life, My Story Project

At the VA, you are more than just a diagnosis and symptoms; you are a human being. Your health care team would love to know more about your story, who you are and what matters to you.

This project allows you to bring your story to your medical record so that your doctor, nurse and all members of your health care team know who you are and what is important to you.

You can share as much or as little as you would like with your team. We will listen, write and record.

## We promise to...

- Ask for your permission to record the session and we will take notes
- Provide you with our undivided attention
- Write up your story
- Give you a copy for your review and make any changes if needed
- Include your story into your medical record after you agree

If you don't agree with the way it is written, and you would just like a copy, you can do that as well. Otherwise, it goes into your medical record and your health care team will have access to review your story.

Research shows that when your health care team knows you as a person, it helps them provide better care.

***Do you want your health care team to know who you are and what matters most to you?***

## Some ideas you may want to talk about:

- Childhood, upbringing
- Culture— military, ethnicity, your values
- Schooling— elementary, high school, etc.
- Spirituality
- Family life
- Relationships and social supports
- Hobbies, interests, skills
- Fears, concerns
- Places you have visited
- Anything else you want your health care team to know about you as a human being

