



Guidelines for sharing your story on video

Telling your story is a way of healing yourself and is the best gift you can give to someone else who maybe going through a similar journey. We are grateful that you are taking this initiative for yourself and for many others who will get the assurance and confidence from listening to you.

Use this document as a checklist. These guidelines will help you record the videos to share your stories with us. Follow these guidelines to record your own video, send it to us and we will publish it. Or get in touch with us to share your caregiving experience in an article if you wish to be anonymous!

Preparation:

- a. Collect your thoughts and preferably write it down and prepare yourself according to the questions to be answered.
- b. Get your equipment set up before you start recording. Use a tripod stand and lapel mic for recording.
- c. Be sure that there is enough storage space in your mobile or camera before you start recording your video.
- d. We suggest that it is better to get someone else to record your video for you.

Setting:

Find an appropriate background

The ideal interview background is light-coloured, interesting, but not distracting so that the focus is on the speaker. If possible, it should have something to do with the subject of the interview or with who the interviewee is. For instance, a business owner could be interviewed in front of something that represents his or her business, such as a production machine or an exhibition wall with the company's products.

Avoid bright backgrounds like windows or blank white walls. Offices or buildings are OK, but not very interesting. It's typically best to avoid situations where people walk through the picture, since that can be very distracting and often ruin a perfectly good shot.

Ensure bright lighting and avoid noisy surroundings

The goal of an interview is to get across what the interviewee has to say, so you need to make sure you get good sound. The easiest way to do this is to do the interview in a quiet place. Do not allow anyone else in the room to speak while the interviewee is talking on camera.

As always for video shoots, getting enough light is important. Even though today's cameras can get a decent picture in low-light conditions, it is much better with enough light. But make sure the lighting looks natural and contrasts are not too harsh. Turn on existing lamps, use natural daylight as much as possible, but avoid moving lamps around into unnatural positions. Switch the fan/cooler off, the noise of the fan and cooler is often very loud and can mask the voice of the speaker. For bright lighting, always keep the speaker opposite to the source of light so that the light falls on the speaker's face.

Recording:

Frame the picture

Interviewees look best if you frame them with your camera in about the same way as you would see a news anchor on TV. In other words, don't get too far away and don't get too close either.



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You don't necessarily have to be right in the centre of the picture. The picture actually looks best when you're approximately at a third of the frame horizontally. If you're at the one-third of the screen, it is important for you to look towards the blank portion of the frame.

Introduce yourself

Begin the video by introducing yourself. Speak to the camera like you are talking to a person. Frequently, our editors will use "lower third" titles to show the interviewee's name, like on most news interviews. That's an effective way to make any interview look even more professional.

To avoid errors you can spell out your name just before the interview while the camera is already rolling. This trick is used by news camera crews all over the world and will help the editor put in the right titles and identify interviewees correctly.

Leave some slack, and don't interrupt

Make sure that you start recording about 5 seconds before you start the interview, and let the camera run another 5 seconds after the interview ends while still keeping yourself in the picture. Otherwise a part of the interview might be cut off. Video cameras need a moment to start recording and sometimes cut off a bit at the end, so make sure you leave a few seconds of slack.

It's also very important not to interrupt the interviewee. The interview will get edited anyway, so even if somebody gives a long statement, it doesn't really matter. Finish your answer fully and wait a second or two before the next question. Remember, this is an interview and not a normal conversation. Great statements might not be usable in the final video if you interrupt too early.

Make sure you don't make responsive noises which we usually do in a conversation.

You can also have someone behind the camera to prompt the questions to you during the interview.

Sharing one's personal journey can be an emotional and overwhelming exercise. It is okay to capture the real emotions as they emerge – it is critical that the speaker is speaking from the heart.

Duration and number of takes

The duration of the video should not be more than 15 to 20 minutes. It's okay if you have multiple takes. Send them all. Usually the speaker gets comfortable after two three takes. This also provides us with options to choose from while posting the final video

Sending to Us: How to transfer

We request you to send the video preferably in .mp4 format and 1920x1080 resolution. Since we need the original footage as it is please do not send it over WhatsApp.

Use the app Wetransfer & transfer the videos to info@caregiversaathi.co.in. This will ensure that the quality of the video is not hampered.

Link for the app- [WeTransfer](#)

Link for the Website, -<https://wetransfer.com>



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Additional reference

Making your video on a phone or camera by yourself may seem challenging. However, achieving a professional look is more about the technique that you are using to capture your video rather than the device that you are using. Watch ten simple and practical guidelines to use while shooting your video. https://youtu.be/z4_ZSTXFsPY".

Questions Suggested

We have added a list of questions below for your reference; please refer to the questions during the interview. These questions can serve as a guideline for what you can speak about while recording your video

For Family Caregivers:

- How or why did you become a caregiver?
- What were your thoughts and feelings when you entered this role? What do you think now... how have they evolved?
- Share about some of your challenges/frustrations
- What were the most important things you learned from your caregiving experience - insights and successes?
- How did you manage your other responsibilities towards work, other family members and self along with caregiving?
- How did you find help from others? Was asking for help difficult? How did people respond?
- What are the things that you do to make you feel confident and in control despite the stressful situation?
- What you do to take care of yourself? And how do you ensure that you follow your self-care routine?
- Share some of your joyful moments, anecdotes during the caregiving journey

For Healthcare Practitioners(HCPs)

- What is the impact on professional caregivers?
- What tools do healthcare professionals have as support?
- The dichotomy of being an expert yet being human
- How does burden/stress impact the efficiency of healthcare practitioners?
- What can hospitals and the healthcare system do?
- How should the government's approach evolve?
- How can pharmaceutical companies contribute?

Notes:

- We post only stories and videos that are deemed appropriate for the website.
- By submitting your story, video and photo you give Caregiver Saathi™ permission to publish your story and byline online, in print, and through our social media channels.
- The decision on the stories which will be showcased on the website and the copyright rests with Caregiver Saathi