

Tips for Video Capture

Video testimonials are an impactful way to share your personal story and unique message. Below are some tips to assist you or a loved one when recording a video testimonial.

If you would rather submit a written story, you are welcome to share a written testimonial through our [Share Your Story form](#). [LINK ONCE LIVE]

Filming Set-up

Light Source

If you can, before filming, set up your space so you are facing toward the main source of light in the area. Opt for a source of natural light if you can, like a window. If the main source of light is behind you, your face and body will be covered by shadows, so try to face the main source of light if you are able.

Filming Assistance

Laptop cameras may be easiest to position and frame, but if a laptop camera is not available, a loved one can help you by filming you with a smartphone camera. If you're filming by yourself, we recommend steadying your phone against a sturdy surface (or using a phone stand, or tripod, if available) to ensure a smooth video capture.

Video Framing

When you or your loved one is setting up to film the video, try to not cut off your head or sides of your body with the camera frame. Aim to position your entire head in the top half of the frame, leaving room to add captions below you if needed. If using your phone, film your video horizontally instead of vertically.

Background

We want anyone watching the video to be able to fully focus on your message. To help do that, try to avoid cluttered backgrounds, distracting objects in frame, complex patterns (for example, a houndstooth pattern on clothing can be dizzying on camera), and intense lighting (avoiding overexposure and harsh shadows).

Controlling Sound

In general, we recommend filming indoors to avoid any sudden environmental noise. Except for medical equipment of course, try to make sure appliances, fans, HVAC units, etc. aren't running near you if possible. This is to help minimize background noise, which can impact your audio.

Recording

Getting Comfortable on Camera

Recording video can be nerve wracking, so allow yourself and anyone helping you ample time to set up and make sure everything is running smoothly. Doing an audio and video test can help ensure that you're capturing quality takes each time you press record.

Practice Makes Perfect

Outlining what you want to say beforehand can ensure that you're saying everything you want to say, and help prevent going over the 2-3 minute time limit. If you have the time and energy, it's okay to record multiple takes: practice helps you be more natural and relaxed on camera.