



# Lay Statement Template

Use this form to provide a personal statement (or buddy/spouse statement) supporting a VA claim.

Guidance from fellow veterans, not legal advice. Keep a copy for your records.

## 1) Veteran Information

Full Name

Last 4 (or File #)

Date of Birth

Phone

Address

Email

## 2) Claim Information

VA File # (if known)

Date

Issue(s) this statement supports

## 3) Statement

In your own words, explain what happened, when it began, and how it affects daily life and function. Be specific and consistent with records.

- When it started and any service event/injury/exposure involved.
- Current symptoms and frequency (flare-ups, bad days vs good days).
- Impact on work, family, sleep, daily activities.
- Treatment history and medications, if any.

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**4) Certification & Signature**

I certify this statement is true and correct to the best of my knowledge.

Printed Name

Signature

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Date

Relationship (if not the veteran)

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**5) Attachments (optional)**

List documents you're submitting with this statement (e.g., medical notes, photos).

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