



# ***Lay Statement Template for VA Disability Claims***

A lay statement is your story, in your own words, to help the VA understand how your service-connected condition affects your daily life. You don't need fancy language or legal speak - just be honest and specific.

## ***3-Step Checklist Before You Start***

1. Who are you? (Name, service branch, and your connection to the claim)
2. What's the issue? (Briefly describe the condition or event and when it started)
3. How does it affect you now? (Give a few real-life examples of daily impact)

## ***Lay Statement Template***

[Your Name]

[Your Address]

[City, State ZIP Code]

[Date]

Department of Veterans Affairs

[Regional Office Address, if known]

Subject: Lay Statement in Support of [Your Claim/Condition]

To Whom It May Concern,

My name is [Full Name]. I served in the [Branch of Service] from [Start Date] to [End Date].

I am submitting this statement to support my claim for [condition/issue].

[In your own words, describe the incident or symptoms. When did it begin? How has it changed or affected your daily life?]

Example: Because of [condition], I struggle with [work, sleep, family life, daily tasks, etc.]

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

Sincerely,

[Signature]

[Full Name]

## ***Sample Statement (for reference only)***

John Doe

123 Main Street

Anytown, USA 12345

July 28, 2025

Department of Veterans Affairs

123 Regional Office Rd

Anytown, USA 12345

Subject: Lay Statement in Support of Migraine Claim

To Whom It May Concern,

My name is John Doe. I served in the US Navy from 2002 to 2012.

I am submitting this statement to support my claim for migraines.

I began experiencing severe headaches during my deployment in 2009. Since leaving service, I have headaches 2-3 times a week. These migraines make it hard to work, focus, and sometimes force me to stay in a dark room for hours. My family has had to take over daily chores when I'm down with a migraine.

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

Sincerely,

John Doe

## ***Need More Help?***

- Website: <https://vaclaimshelper.com>
- Subreddit: <https://reddit.com/r/Vaclaimshelper>

- Want deeper step-by-step help? Check out my [\\$0.99 eBooks](#) (no pressure, everything you need to get started is free).

*You're not alone. If you get stuck or want more examples, check out the site or join the subreddit.*

***Template provided by VA Claim Helper — Real answers  
for real vets.***