



**PENNSYLVANIA
HOMECARE ASSOCIATION**

How To

Record Your Own “*Mission Moment*”

Before You Record



Take a moment and gather a story. This is meant to be fun, sharing, and personal; relax!
We're all human with unique stories to share.

We're looking for a personal story of someone who touched your life or a real-life event which changed you. Please think of this as a narrative; a story (with real people and places) that showcases the power of helping people and what we do everyday in personal care services.

Please keep recordings under 1:30 minutes per clip.
You can take as many takes as you'd like!



Recording With A Cell Phone

- Place the phone eye-level.
 - Make sure the phone is sturdy & stationary, prop it up on a few books or on top of a box which you can place on your desk. (*NO walking and talking!)
- Please have the camera horizontal
- Please make sure your video camera settings are correct, please record 4K video.
 - iPhone:** go to Settings > Camera > Record Video > (select 4K at 30 fps)
 - Android:** While in video mode, swipe down from the top of the screen to open settings, change resolution to 4K
- Please select a nice / neutral background behind you. 
 - For example, have a blank wall with a plant in the corner behind you.
 - Sit in front of something where **YOU** stand out in the foreground.
- Have nice soft light in front of you, hitting your face. 
 - Have a **window with daylight in front of you OR position a desk lamp in front of you** which will cast soft light onto your face.
 - Do not have bright light or an open window with daylight **behind** you!*
- *IMPORTANT!**
 - When you hit record, count to three (ONE, TWO, THREE) and deep breathe before you start your story.
 - When you're finished your story, pause, say, "And that is my Mission Moment," count to three (ONE, TWO THREE) before hitting the stop record button.
 - This will give us enough video for a fade in / out at the beginning and end.

Sending Video Files

Use the QR Code to the right to upload your video to our dropbox account.

OR

Email your video to yourpartner@pahomecare.org

