

EOL Audio Stories

Interviewing a Caregiver

How-to Guide



Gathering and sharing personal stories from end-of-life (EOL) home caregivers creates space for conversations around death and dying, recognizing the difficult work of caregivers, and de-stigmatizing end-of-life issues.

Being with someone when they are at the end of their life requires caring, special attention and skill. But end-of-life caregivers often go unseen and unheard. This audio project invites you to interview someone you know—a family member, friend, neighbor, co-worker—who is caring for another at the end of life. **Your participation in this project will help us reach our goals to:**

1. Encourage conversations with EOL caregivers (family members, friends, neighbors, co-workers, etc.).
2. Amplify and make more accessible EOL caregivers' stories in order to make visible and honor EOL care.
3. Highlight cultural traditions of EOL care.
4. Shed new light on EOL caregiving in the time of pandemic.
5. Offer dignity and respect to the work of EOL caregivers.

Technical Considerations

- **IMPORTANT:** Please download a **CONSENT FORM** and have your interviewee read and sign the form before you begin your interview. Forms can be found [here](#):
- You can use your **phone, laptop, computer, or another digital recorder** to record your interview.
- Find a quiet place to record. Outside noises and even indoor appliances can be distracting and can distort audio. Make sure your interviewee is close enough to the recorder's microphone. Do a sound check before you begin the interview and listen back to make sure you can hear their recorded voice.
- We call "tape" everything that gets recorded. We know there's no actual tape on digital devices.
- If you need help with recording, please view our Training Session [here](#). Or write our producer, Ruxandra at: ruguidi@gmail.com
- Be sure to press **RECORD!**

What to Ask

You could probably talk for hours and hours to a caregiver about their life and work. For this project, we are asking for a **maximum of 20 minutes**. Shorter is fine too.

Please don't script your answers – just record yourself freely and don't worry about any possible mistakes – we will take care of the sound edits.

Here are the questions we are most interested in:

1. Please state your full name and location and today's date.
2. Who do you care for? Describe the person you care for and your relationship.
3. What does caring for this person "look like"?
 - Describe a typical day.
 - Tell me a specific story you remember about of those days.
 - Do any cultural traditions inform your work? Explain.
4. What are the rewards and challenges of caring for this person? How does it make you feel to be with them at the end of their life?
5. How has caring for this person changed you?

Naming and Sending Your Files

1. Once you've finished with your interview, name the file with the caregiver's **first and last name**, correctly spelled.
2. Please be sure interviews are no longer than 20 minutes.
3. Go to the EOL Caregiver Audio Stories Upload page (you can find via our website: <https://southwestfolklife.org/audio-stories-of-end-of-life-caregivers/>).
4. Fill out the upload form.
5. Upload your file and consent form.