



## STORYCORPS INTERVIEWER'S GUIDE

Thanks for participating in the StoryCorps story collection initiative to raise awareness and inspire change! Broadcasting senior stories that are delivered in their own words gives us a more compelling way to express how their daily struggles and lack of nutritious meals and/or daily social contact can impact their health and quality of life.

### GETTING STARTED

1. Download the StoryCorps app from the [iTunes App Store](#) (Apple users) or [Google Play](#) (Android users) to your mobile device.
2. [Watch this helpful tutorial!](#)
3. Distribute this [customizable flyer](#) describing the opportunity to potential interview participants. These could be senior clients, volunteers or even program staff. (This content can be easily turned into an email, as well.)
4. Arrange a day, time (the interview process typically takes 30-45 minutes in total) and quiet place for the interview with those who agree to participate. (A client's home should work fine as long as it's quiet. See the tutorial for more suggestions.)
5. Gather a list of questions—you can either write your own, choose from those listed in the question generator built into the app, or pick from those we suggest below. When compiling your questions, don't try to fit too many questions into one interview. (The best interviews are typically 3-5 minutes in length.)

### SAMPLE QUESTIONS FOR SENIOR CLIENTS:

- Why is it important that you stay in your own home?
- What are the best parts of your day?
- What are the worst parts of your day?
- Do you ever worry about having enough food to eat?
- What has changed the most since you've started not being able to get around as well?
- What makes you happy?
- What does Meals on Wheels mean to you?

### SAMPLE QUESTIONS FOR STAFF OR VOLUNTEERS:

- Why do you work for/volunteer for Meals on Wheels?
- Why is it important that we make sure that no senior is left behind or forgotten?
- What do you get out of helping?
- Do you think the issue of senior hunger can be solved?
- What do you think is the most difficult part about being homebound?
- Do you think you're making a difference?

**NOTE:** You'll be able to add these questions in the app's custom question field as you set up the recording. It's helpful to start with easy questions to warm up the interviewer.



## TIME TO INTERVIEW

1. Find a quiet, comfortable spot to record your interview. Avoid large hollow rooms or spaces with a lot of hard surfaces like kitchens or bathrooms. A carpeted room is best.
2. Notice that your microphone has a small pin-hole at the bottom of your phone. While conducting the interview, make sure the bottom of your phone is pointed toward the speaker—both when you're asking the question and when the interviewee is answering.
3. Make sure your interviewee has consented to having his or her voice recorded using the StoryCorps app by completing the [interviewee consent form](#).
4. Follow the instructions on the StoryCorps app.
5. At the beginning of the recording session, ask the interviewee to state their name and where they live, and the name and relationship of the person with whom you are speaking.
6. The app will display your pre-determined questions on the screen as you record and you can swipe to the next when at your own speed.
7. Once the interview has concluded, press “done” and you’ll be prompted to take a photo of the interviewee to accompany the story. You can take this picture together like a “selfie,” or of the interviewee by themselves. Whichever they’re more comfortable with!
8. You’ll need to give the interview a title (should be concise and refer to Meals on Wheels and/or seniors) and tag key words.

**Required Key Words:** EndHunger, MealsonWheels

**Optional Key Word Suggestions:** SeniorNutrition, Hunger, SafetyNet, MoreThanaMeal, SeniorIsolation

9. You’ll be able to email the interview and the photo to the interviewee, as well as post your interview to social media at this time.
10. The “publish interview” button uploads everything to the StoryCorps.me website and the Library of Congress so that people anywhere can hear the interview. ***Make sure that you are connected to Wi-Fi when uploading your interview.***

## AFTER THE INTERVIEW

1. Once you’ve published your interview to the [StoryCorps.me website](#), send the links for the stories you’ve uploaded to Lauren Fielder at [lauren@mealsonwheelsamerica.org](mailto:lauren@mealsonwheelsamerica.org). She can share these impactful interviews on social media and on the Stories page of the Meals on Wheels America website.
2. Use a Twitter hashtag (such as #MealsonWheels, #MoreThanaMeal or #EndHunger), post on Facebook, share with local news outlets, or provide them to your elected officials and Members of Congress. For assistance reaching out to your Members of Congress and their staff, contact Crystal Espie at [crystal@mealsonwheelsamerica.org](mailto:crystal@mealsonwheelsamerica.org).

**LOOKING FOR MORE HELP?** Contact Lauren Fielder, our Member Communications Manager, at 571-339-1621 or [lauren@mealsonwheelsamerica.org](mailto:lauren@mealsonwheelsamerica.org).