



Thea Anderson IBCLC & Doula



Sliding Scale Payment Guidance

The idea of a self-directed sliding scale is to allow a wider range of families to participate in my services and better reflects the need for individuals to contribute different amounts based on their current circumstances. Allowing more families to access my services has a ripple effect and uplifts our community as a whole; while allowing me to earn enough money to do the work I love. Tier 3 represents a true reflection of the cost of the service and those who are able to contribute at this tier are supporting me to be able to provide more low-cost and affordable options.

Tier 1

- # Meeting basic needs* is a struggle and I don't always
- # I live with family/rent lower-tier housing/live in funded housing
- # I am unemployed or under-employed
- # I qualify for government financial assistance
- # I have very little to no expendable income°
- # I cannot easily afford to take a holiday

Tier 2

- # Meeting basic needs* can be stressful but I usually can
- # I rent a mid-tier home or own my own house
- # I am employed/self employed
- # I have some expendable income°
- # I take a holiday every year or so without significant financial burden

Tier 3

- # I can comfortably meet all of my basic needs*
- # I own my own home or rent a high-end property
- # I am employed or do not need to work to meet my needs
- # I have expendable income°
- # I can take a holiday and time off work every year without financial burden

Terminology: *Basic needs = access to food, safety, housing & transportation
 °Expendable income = buying clothes/gadgets, going to the cinema/pub/coffee shop

Self-directed means you choose the tier that feels right for you, you do not need to provide any documentation or explanation