



Sliding Scale

Household Income

<p><i>Tier 1</i></p> <p>Recommended for household incomes above \$120,000</p>	<p> \$1200- Doula support</p> <p> \$1800- Doula support+Photography</p>
<p><i>Tier 2</i></p> <p>Recommended for household incomes between \$120,000 and \$90,000</p>	<p> \$1100- Doula support</p> <p> \$1700- Doula support+Photography</p>
<p><i>Tier 3</i></p> <p>Recommended for household incomes between \$90,000 and \$70,000</p>	<p> \$1000- Doula support</p> <p> \$1600- Doula support+Photography</p>
<p><i>Tier 4</i></p> <p>Recommended for household incomes between \$70,000 and \$55,000</p>	<p> \$950- Doula support</p> <p> \$1,450- Doula support+Photography</p>
<p><i>Tier 5</i></p> <p>Recommended for household incomes below \$55,000</p>	<p> \$900- Doula support</p> <p> \$1350- Doula support+Photography</p>
<p><i>Medicaid Clients</i></p>	<p>Support may be able to be provided for free through Birthwell Partners.</p>

You choose.

How it works

You know your family and your expenses better than anyone. There is not a one-size fits all approach for what you can invest in doula support. The framework below will work for some, but not for all, so you are able to choose what tier works best for you family.

This practice is built on trusting your ability to pay what you can afford without having to threaten other basic and important needs. The range of the scale I offer is what I am able to financially afford in my business. If you do not see yourself being able to meet any of these tiers, please feel free reach out to me and I will help to connect you with someone who is able to support you for a lower investment.

Understanding a slide scale:

For more information about the mentality of a sliding scale please read Alexis' words at

🌐 [The Sliding Scale: A Tool of Economic Justice \(aka The Green Bottle Method\) – Worts + Cunning Apothecary | I...](#)

PERSONAL FINANCIAL EXPERIENCE

The Green Bottle Where You Fall on the Sliding Scale

I am comfortably able to meet all of my basic* needs

I may have some debt but it does not prohibit attainment of basic needs

I own my home or property OR I rent a higher-end property

I own or lease a car

I am employed or do not need to work to meet my needs

I have regular access to health care

I have access to financial savings

I have an expendable** income

I can always buy new items

I can afford an annual vacation or take time off

I may stress about meeting my basic needs but still regularly achieve them

I may have some debt but it does not prohibit attainment of basic needs

I own or lease a car

I am employed

I have access to health care

I might have access to financial savings

I have some expendable income

I am able to buy some new items & I thrift others

I can take a vacation annually or every few years without financial burden

I frequently stress about meeting basic needs & don't always achieve them

I have debt and it sometimes prohibits me from meeting my basic needs

I rent lower-end properties or have unstable housing

I do not have a car and/or have limited access to a car but I am not always able to afford gas

I am unemployed or underemployed

I qualify for government assistance including food stamps & health care

I have no access to savings

I have no or very limited expendable income

I rarely buy new items because I am unable to afford them

I cannot afford a vacation or have the ability to take time off without financial burden

PERSONAL FINANCIAL EXPERIENCE

*BASIC NEEDS include food, housing, and transportation. **EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

