What is a sliding scale? What should I pay?

I use a sliding scale for my therapeutic services. My aim with this client payment structure is to provide access to affordable mental healthcare services when paying out-of-pocket.

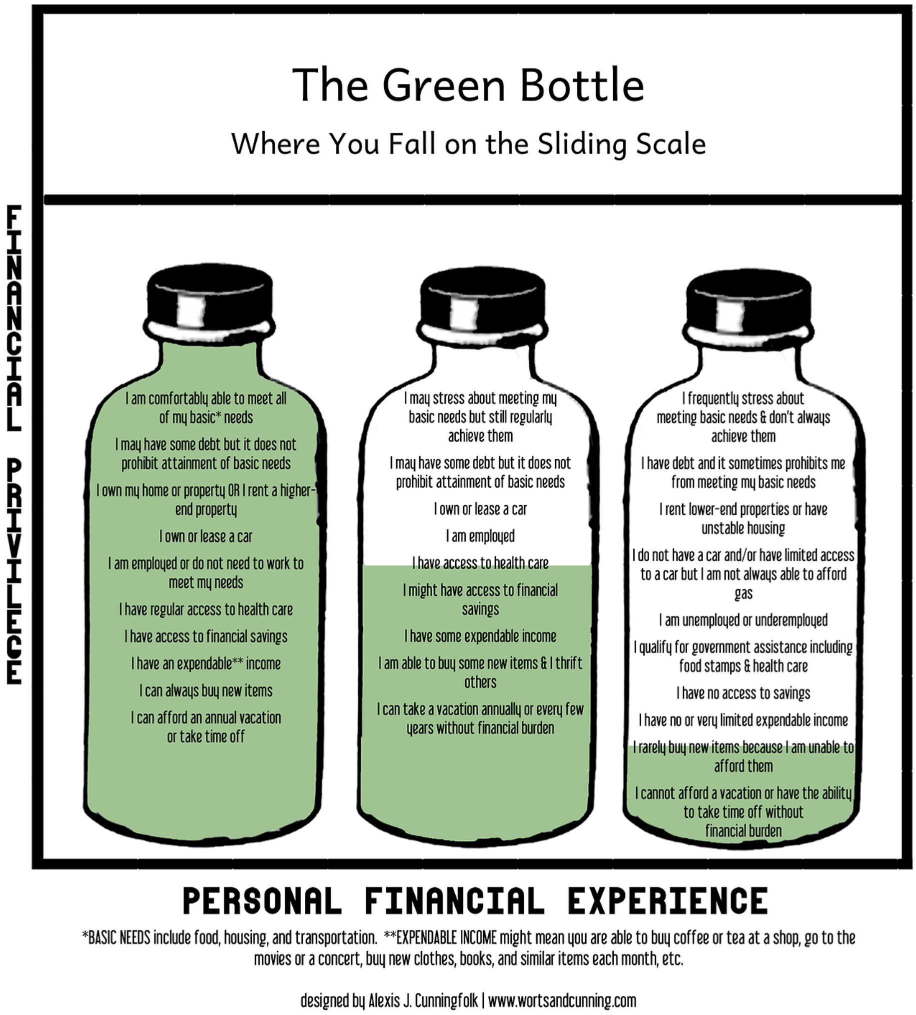
I found Alexis J. Cunningfolk's work and blog on sliding scales define it well: 'a sliding scale is a tool that allows for a service to be obtained at multiple price points based on the circumstances of the purchaser.'

TIERS OVERVIEW

I use a managed sliding scale (versus an open sliding scale) with three tiers:

- Tier 1: €80/hour
- Tier 2: €105/hour
- Tier 3: €120/hour

To help guide which tier best fits your unique circumstances, please see the photo and below descriptions provided by Alexis J. Cunningfolk's work. If you have any questions about the sliding scale payment structure or which tier applies to you, or if there is a middle amount between tiers that would be better, please reach out and let's find the best fit for both of us.



TIER 1 - €80/hour (or the right bottle)

- I frequently stress about meeting basic needs and 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 but I am not always able to afford gas
- I am unemployed or underemployed
- 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 holiday or have the ability to take time off without financial burden

TIER 2 - €105/hour (or the middle bottle)

- 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 and I thrift others
- I can take a holiday annually or every few years without financial burden

TIER 3 - €120/hour (or the left bottle)

- 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 and share expenses
- 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 holiday or take time off

* **Basic Needs** include food, housing, health care, and transportation.

** **Expendable Income** might mean you are able to buy coffee, get a few drinks at a bar, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.