

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.

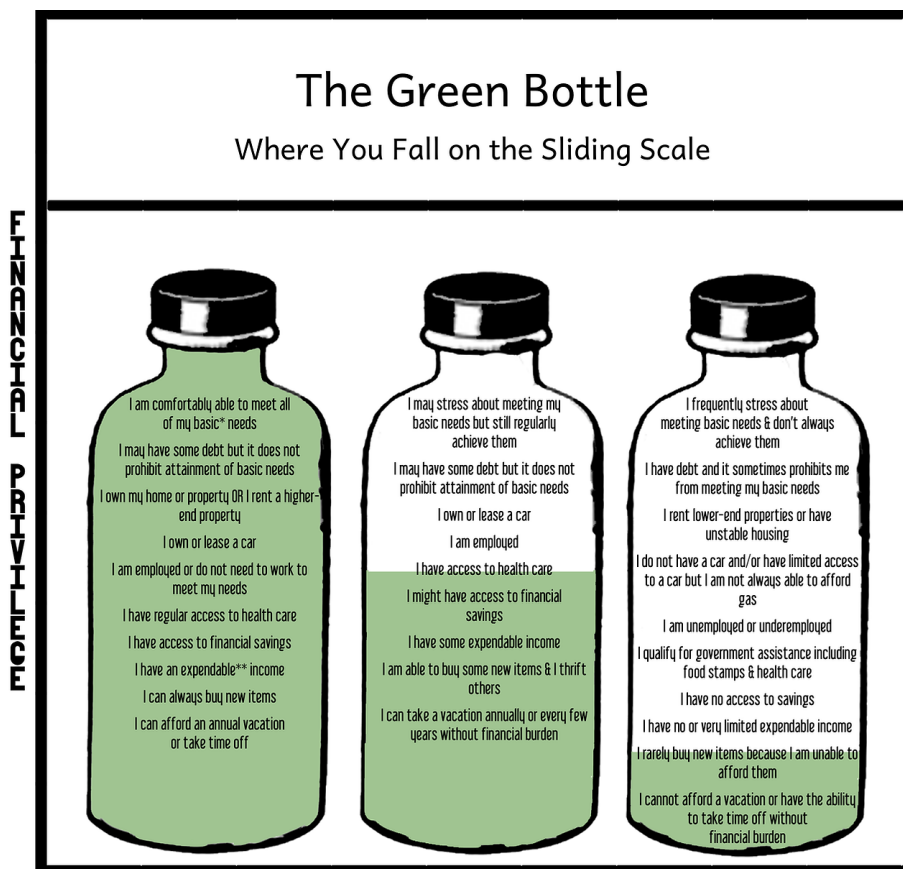
I found Alexis J. Cunniffolk's work and [blog](#) on sliding scales define it well: 'a sliding scale is a tool that allows for a service to be obtained at multiple price points based on the circumstances of the purchaser.'

TIERS OVERVIEW

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

- Tier 1: €80/hour
- Tier 2: €100/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. Cunniffolk'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.



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.

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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 - €100/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.