

About Meager Beginnings Sliding Scale

At Meager Beginnings, I believe that everyone should have access to my services. I also know that all of us do not have equal financial resources.

The richest top 10% of adults in the world own about 85% of the world's wealth.

Although we did not create this economic situation, we participate in it every day and for many, it has become invisible. We have been taught that this is just the way things have always been, so this disparity becomes normalized to each of us in our early years. We are also taught to not even think about class differences. The truth is, in part, that the class structure benefits no one. All participants in this system suffer from alienation, exploitation, and oppression, whether they are a target or non-target. EVERYONE IS HURT BY OPPRESSION.

At Meager Beginnings, I recognize the havoc that our current economic system (capitalism) has created, and envision another model of care. However; even as I work toward a new model of care — in building community, fighting for justice and creating accountable institutions — I realize that we are not there yet. We live in a divided world laden with disparities, economic downfall and a plummeting health care system with its insurance companies that continue to slowly cripple the people financially. The “sliding scale” is one way of acknowledging differences in wealth, income, costs, privilege and actively addressing the economic disparities in our communities and society. The sliding scale is a way to say “no” to the way things are and “yes” to the way they can be while providing healthcare for everyone.

How Does the Sliding Scale Work?

A sliding scale is a tool for ensuring equal accessibility to my services, regardless of financial resources; it requires you to actively participate in your healthcare. If a sliding scale is implemented effectively, everyone pays a similar percentage of their income for the same services. This way; the cost of my services is not fleeting pocket change for some people and a big commitment to others.

Sliding scales are often based on individual income levels, with people of higher incomes paying more. At Meager Beginnings, I also take into account specific costs that different groups of people face that the larger population may not, connecting those costs to the larger picture of privilege and oppression.

Full Price clients are a HUGE help to offset my income and expenses for those who may be less fortunate. To determine what fee you should pay on my sliding scale, I have a Sliding Scale worksheet that you may fill out. When you have finished completing the form, check my Annual income chart or Monthly income chart to determine the appropriate fee you will pay for my services.

In a society that never talks about class, yet retains enormous class differences, I acknowledge how difficult this process can be; thinking about class issues provokes a lot of fear, regret, anger and other feelings. It is, however, an important part of working towards providing equal access to my services for everyone and taking a step towards economic justice.

If you would like my help in filling out the Sliding Scale Worksheet, I am happy to assist you.

Vonda Kunz
Meager Beginnings

Download a copy [here](#) of the Meager Beginnings Sliding Scale Worksheet an Annual income chart or a Monthly income chart.

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