

**Integrative Midwifery Care
Financial Commitment Information**

Hello,

I would like to congratulate you (both) on your pregnancy and thank you for inquiring about the services I have to offer. Perhaps you have looked at the information on my website already, if not I suggest having a read and a look, so you get a sense of me and my philosophy of care.

Our professional relationship begins with a commitment from both of us. Your financial commitment tells me you are committed to the process and in return I commit wholeheartedly to providing you with the highest quality holistic midwifery care I am capable of. I become available to you twenty-four hours a day, right up to when we say goodbye when your baby is 6-weeks old. The timing of your antenatal sessions is tailored to your unique needs, rather than to a schedule. If we begin our journey a little later, we will see each other more regularly so we can ensure plenty of opportunity to establish our relationship and for the deeper work that is often required for a conscious and empowering labour and birth experience.

Some of the tools I work with are guided meditations, somatic awareness and breath-work, body mind integration, nutrition, nourishment and using food as medicine, breastfeeding preparation, bonding and attachment, prenatal and perinatal imprints, birth story, and establishing a clear pathway of communication with your baby. I work with you to nurture your deeper intuitive wisdom and sense of connection to your body and your baby. I work with the husband / father-to-be / partner as an integral part of the process and acknowledge the need that many becoming fathers /partners have, to feel counted and valued.

At the heart of my offer is to provide you with the best possible care and attention throughout your pregnancy so that you (both) are prepared - body, mind, and spirit to birth and welcome your baby consciously and with love. I also acknowledge the diverse range of circumstances of the families I work with and with this in mind, I have come up with 2 options for you to consider. I welcome any and all of your questions so please don't hesitate to reach out.

Kind wishes,



Lindsey

OPTION A

Option A will suit families beginning their journey with me in the first trimester, or on the cusp of the second trimester.

Benefits include:

- ✓ Increased continuity due to beginning our work together early
- ✓ By having a set fee and clear commitment from the outset, it takes care of the financials so that we can devote our attention to what matters and tailor care specific to your needs right up until your baby is 6 weeks old
- ✓ Smaller overall financial outlay compared to option B
- ✓ More contact and opportunity to work with any layers of trauma and early imprints
- ✓ More opportunity for conscious bonding and connection with your baby
- ✓ More opportunity to do the work of body mind integration to enhance embodiment and presence as you prepare for labour
- ✓ No other financial outlay other than birth pool and other stuff you may want to use during labour
- ✓ Complimentary Deep Yin Restoration Session

Total investment for birth = \$7200.00 and includes the following:

- Care begins as early as 8-weeks of pregnancy
- Presence of your second midwife at your 36-week birth preparation and care-plan session
- On-call fees for your second midwife from 37-weeks until birth
- Presence of second midwife at your birth
- On call fees for your primary midwife throughout your pregnancy and up to six-weeks postpartum, labour, birth, and early postpartum care
- All consumables used at yours and your baby's birth including medications if required
- Postpartum care for you and your baby in your home until 6-weeks
- Breastfeeding support and care
- Body-mind integration work throughout your pregnancy, birth and postpartum for you, your baby, and your family
- A complimentary Deep yin Restoration Session either during pregnancy or during your postpartum
- All clinical requirements such as blood work, ultrasound referrals, referral to other practitioners
- Pregnancy, birth, and postpartum resource booklets
- Full resuscitation equipment for both mother and baby on hand if required

Specifics for Option A

By choosing Option A you are choosing to bulk bill all your antepartum and postpartum sessions. Essentially you do not pay for the sessions we have together as they are absorbed into the package. I receive remuneration for your antepartum and postpartum sessions, and I will receive the small benefit from Medicare for each appointment we have together.

Some Clarity

Most other midwives will charge between \$5500 and \$6000 for the birth and will then charge between \$140-\$170 per visit, plus travel fees if applicable. At the end of your journey at 6 weeks postpartum, you likely will have invested in the arena of \$8,500 for your care, if not more.

Requirements for Choosing Option A

- Care commences between 8 and 16-weeks of pregnancy
- You will have the capacity to travel to me for some of your appointments
- Travel fees do apply if you reside beyond a 30km radius

Fee Schedule for Option A

The fee is payable in three installments:

1. At commencement of care: \$2,400.00
2. At or between twenty-four and twenty-eight weeks as agreed upon at commencement of care: \$2,400.00
3. At thirty-six-weeks: \$2,400.00

OPTION B

Option B will suit families or individuals that begin their journey with me a little later around 18-22 weeks of pregnancy OR families or individuals that are in early pregnancy and prefer a pay as you go option for antepartum and postpartum sessions.

Benefits include:

- Schedule of antepartum and postpartum visits tailored to yours and your baby's specific needs
- Pay as you go antepartum and postpartum sessions
- Pay second midwife fee directly to the midwife
- Receive Medicare benefit for all your antepartum and postpartum sessions
- Please note this option does not include a complimentary Deep Yin Restoration Session

Total Investment for Labour and Birth = \$3,500 - \$4,500 (primary midwife fee is adjusted according to what the 2nd midwife charges) + \$1,500 - \$2,500 (second midwife fee range) = \$6,000.00

Option B includes:

- Care begins at any time up to 22-weeks of pregnancy
- Presence of your second midwife at your 36-week birth preparation and care-plan session
- On-call fees for your second midwife from 37-weeks until birth
- Presence of second midwife at your birth
- On call fees for your primary midwife throughout your pregnancy and up to six-weeks postpartum
- Labour, birth, and early postpartum care
- All consumables used at yours and your baby's birth including medications if required
- Postpartum care for you and your baby in your home until 6-weeks
- Breastfeeding support and care
- Body-mind integration work throughout your pregnancy, birth and postpartum for you, your baby, and your family
- All clinical requirements such as blood work, ultrasound referrals, referral to other practitioners
- Pregnancy, birth, and postpartum resource booklets
- Full resuscitation equipment for both mother and baby on hand if required

Financial Details for Option B

- Birth fee for primary midwife = \$3,500 - \$4,500
- Second midwife birth attendance fee = \$1,500 - \$2,500
- Initial antepartum session = \$280
- Antepartum Sessions = \$150 (you come to me)
- Antepartum Sessions = \$170 (I come to you)

- Birth preparation session at 36-weeks (2 midwives) = \$480
- Postpartum Sessions in your home = \$170
- Postpartum sessions you travel to me = \$150

Medicare rebate for antepartum visits = \$41.70 \$47.25

Medicare rebate for postpartum visits = \$61.30 - \$69.45

Medicare rebate for birth preparation session at 36-weeks = \$282

Fee Schedule for Option B:

The birth fee is payable in two installments:

1. At commencement of care: \$1,750 - \$2,250
2. At thirty-six-weeks: \$1,750 - \$2,250
3. At thirty-six weeks: \$1,500 - \$2,500 payable to second midwife

Requirements for Choosing Option B

- ✓ You are no further than 22 weeks of pregnancy at the commencement of care
- ✓ At commencement of care, you will commit to the agreed upon timing and approximate number of antepartum sessions required to ensure the establishment of trust and continuity
- ✓ At the commencement of the postpartum journey, you commit to the necessary number of sessions required for yours and your baby's wellbeing
- ✓ You will have a current Medicare card to receive benefits
- ✓ Travel fees apply if you reside beyond a 30km radius

Medicare Rebates

If you have reached your Medicare safety net, additional benefits may apply.

Follow this link to access information about the Medicare safety net:

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=note&q=AN.0.10&qt=noteID&criteria=safety%>

Travel

A non-refundable travel fee of \$450 is payable if you reside a distance beyond 30km and less than 45km. It is payable in two installments:

1. At commencement of care: \$225
- 2 At your 28-week session: \$225

A non-refundable travel fee beyond 45km is an additional \$750 payable in two instalments

1. At commencement of care: \$375
- 2 At between 28 -32-week session as agreed upon: \$375

Please note in the event where you are travelling to your midwife for some or all of your antepartum appointments, a reasonable and equitable arrangement for travel costs will be reached.

Additional

Pool Hire: I do not provide birth pool hire currently. You may find it more economical to either buy or borrow one from a friend. If you borrow a pool, all you will need to buy is a pool liner, hoses, and tap fittings if required. You can check out what is on offer here: <https://www.pregnancy.com.au/product-category/birth-pools/personal-use-birth-pools/>

TENS Machine: I do not provide use of a Tens machine but if you would like to use one you can consider borrowing from a friend or hiring one here: <https://preggicentral.com/pages/tens-hire>

Financial Hardship

Families that feel a strong affinity with my work and philosophy of care yet are experiencing financial hardship may apply for a reduced rate or an alternative payment plan. Please note this will involve thoughtful discussion and disclosing information about your current financial health. If you find yourself in this situation, please reach out to see what can be arranged. Payment plan options may also apply.

Refund Policy

I commit to providing continuity of care throughout your pregnancy, labour, birth, and early postpartum period. In the unlikely event a transfer to hospital is required, I will continue to support you in whatever capacity is possible given the circumstances at the time and continue to provide care and support until your baby is 6-weeks of age. Due to the huge financial, emotional, physical, and spiritual commitment involved in my work with you and your family I do not provide refunds unless due to extra-ordinary circumstances. These will be considered on a case-by-case basis.

At commencement of care, I offer a two-week grace period after your initial installment whereby you may request a refund minus a \$350 administration fee if you should change your mind.

*All fees subject to change