



The Empowerment Doula

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The following agreement is hereby entered into between ASHLEIGH ROPER of The Empowerment Doula, referred to as “I/my” and _____ referred to as “you/your/their,” with the following conditions understood and accepted by both parties.

As a post-partum doula, I provide emotional and physical support to a woman and her partner and/or family following the birth of their baby. I can provide reassurance/perspective to you and your partner, and make suggestions utilising previous experiences/evidence-based information where applicable.

I am independent and self-employed, and so, I am working for YOU, not your caregiver or treating provider.

Discovery Call:

Prior to agreeing to any services, it is preferred that you take part in a Discovery Call, this can be prior/post birth; this is often completed by email, SMS, phone, Zoom or in person.

The purpose of this meeting is to become acquainted with you; discuss your priorities and what it is that you need from me; and identify how we might best work together. This call does not include the presentation of evidence-based information for any queries/concerns you may have; however, it does provide me with an opportunity to go away and collate evidence-based information to meet your needs should I go on to support you in a post-partum capacity. I will also inform you of times when I am unavailable for post-partum support. We may also decide on other meetings and will remain in touch by telephone and/or e-mail communication.

After Birth:

At an agreed time in consultation with yourself, your post-partum support can begin; your first session can be in the hospital or when you return home. Your first session will often comprise of a birth de-brief. Any further sessions will need to be booked in advance.

Limitation of Services:

The doula has no clinical responsibility and hence does not undertake bio-medical observations even if they have been trained to do this in a different course.

As a doula, **I do not:**

1. Perform clinical tasks, such as checking the client’s temperature, blood pressure, or wound/vaginal examinations.
2. Make decisions for you. I will help you get the information you need to make an informed decision.
3. Speak to medical staff or providers on your behalf. I will discuss your concerns with you and suggest options, as well as encourage you and your partner to voice your opinions, questions, and concerns.
4. Provide medical advice. I can direct you to resources that might help you answer your questions and make informed decisions on your own. If you have questions or want advice about your care or that of your baby, you should

contact your care provider.

Failure to Provide Services: I will make every effort to provide the services described here. If for any reason I am unable to attend as scheduled, I will endeavour to either reschedule the planned session or engage an alternate post-partum doula service. Please understand I operate The Empowerment Doula in a sole-trader capacity, so any other doula care obtained would be separate to this agreed arrangement.

Additional Services: I am happy to create a custom doula package for you that includes any and all combinations of the services I provide, including postpartum planning and postpartum doula services, or any other combination of services that is mutually agreeable to both you and I.
All packages must be agreed upon in writing by all parties.

Release and Confidentiality: You hereby give me permission to take notes about you and your birth, including personal information about yourself and your child(ren). This information may be shared with any backup doula as agreed by yourself. Signing this contract also gives me permission to discuss your pregnancy and birth with other birth professionals in both formal and informal settings. I will never use your name, your child's name, the date you gave birth or any other identifying information.

Responsibility of Client: I ask that you inform me of any pregnancy-related or other health complications or conditions you may have, as well as any other special circumstances you might have or require.
Text, email and phone are all fine for contact.
If you decide you are not happy with the service provided for any reason or need to reschedule your service, cancellations may be accepted at the discretion of your doula with a minimum of 24 hours' notice, whereby a cancellation is not accepted, full payment of the agreed session will be required.

Fees: Fees are agreed to be based on selected package (see service offered for guide). The total amount due is owed two weeks post the invoice date unless otherwise agreed upon in writing. Any payments or donations to your doula can be made by direct deposit to:
Bank: Commonwealth Bank of Australia
Account Name: Ashleigh Roper
BSB: 063 512
Account Number: 1099 2508.
If an alternate payment arrangement is required, such as payment plan, please email me on the.empowerment.doula@gmail.com, as they must be agreed upon in writing by you and I prior to the signing of this contract.
Payment required for services outlined below:

Services offered: Pre-Natal Support, \$40 per hour (min 2 hours payable).
So here we are, growing a baby to love and cherish. Who knew growing a baby could be so exhausting?
This service includes:
- Provide a compassionate ear to listen.
- Shopping and preparing meals for your family following your preferences.
- Home organisation support for if/when you get bitten by the nesting bug.
- Connecting you to any local services for medical support, therapy, counselling, social groups and more.
- Cleaning your kitchen, bathrooms, and floors (cleaning of oven, shower, bath, and toilet not included).
- Making beds.

- General tidying
- Washing, ironing, and folding.

Postpartum Planning (Virtual)

Not yet launched.

Postpartum Support, \$40 per hour (min 2 hours payable).

Bringing your baby home should be a joyful experience, whether this is your first born or not, this experience should be memorable for all the right reasons.

Having someone around to assist your family to transition to the new family dynamic allows you to bond with your baby without the worry of life's other responsibilities.

I will lovingly help you to care for your home and family while being there if you want to chat about any concerns you may have.

I can assist you in the following ways:

- Provide a compassionate ear to listen, birth de-briefing available if required.
- Shopping and preparing meals for your family following your preferences.
- Caring for your baby in your home while you catch up on sleep or take a bath or shower.
- Caring for your baby and older children if you are unwell.
- Preparing refreshments or snacks so you can continue the bonding experience.
- Talk to you about techniques for settling and feeding your baby.
- Connecting you to any local services for medical support, therapy, counselling, social groups and more.
- Cleaning your kitchen, bathrooms, and floors (cleaning of oven, shower, bath, and toilet not included).
- Making beds.
- Tidying
- Washing, ironing, and folding.

Babysitting, \$45 per hour (min 2 hours payable)

Just because you are a parent, doesn't mean that you need to spend every waking minute with your child(ren).

An unfortunate consequence of raising a family is that sometimes the relationship with your partner and/or other relationships can suffer as everyday life worry's will often take precedence. Not only that, sometimes you want time to yourself, or have an appointment whereby it would not be appropriate to take your child(ren).

This is where I come in, I can provide care in your absence and complete all the tasks that the Simple Postpartum Package affords.

Please understand that whilst I do have a current Victorian Working with Children Check (WWCC), I do not have any formal child-caring related qualifications.

I do not offer babysitting as a stand alone offer, rather in conjunction with the Simple Postpartum Support Package. It is because of this that I request I support your family on a minimum of 2 (two) occasions prior to entering any discussion regarding babysitting.

As a doula, I pride myself on understanding your family's routine and nuances that may be missed when transacting with a stand-alone babysitter.

Liability

In entering a contract for Doula services with Ashleigh Roper, I/We hereby acknowledge that during the performance period of this contract, services may be provided to me/us in my/our home, or traveling to an alternate location as agreed upon. I/We understand that Ashleigh Roper has a limited role pursuant to the description of tasks outlined in the above-referenced contract wherever services are provided to me/us.

Ashleigh Roper has not represented to me/us that contracting for services guarantees in any way a risk-free or emergency-free experience. I/We understand that my/our doula(s) does not make medical decisions on my/our behalf. When services are performed in a medical facility, I/we acknowledge that Ashleigh Roper is not responsible for the performance of clinical tasks to include medical decisions regarding the inclusion or exclusion of treatments available to me/us and my/our baby.

Now, therefore, in consideration of the above acknowledgements, I/we (both jointly and separately) on behalf of myself, ourselves, my/our heirs, administrators, personal representatives, executors, and assigns to **RELEASE AND FOREVER DISCHARGE** Ashleigh Roper from all damages or causes of actions, either at law or in equity, which I/we may have or acquire or which may accrue to me/us, my/our heirs, administrators, personal representatives, executors or assigns as a result of using the doula services of Ashleigh Roper. I/We intend this to be a **COMPLETE RELEASE AND DISCHARGE** them from all liability whatsoever.

I/We have read all statements contained herein and I/we fully realize that I/we are signing a **COMPLETE RELEASE AND BAR** to any claims which I/we have or believe I/we have resulted from our contract for doula services.

If we have previously agreed upon any changes or addendums to this contract, including but not limited to additional services or changes to the services outlined above, please list the terms of the agreement below:
