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Injured in a Public Place in Australia: Your Legal Options and How to Cope Financially During Recovery

Our Friends · Thursday, July 16th, 2026

A fall on a wet supermarket floor, a broken footpath, or a dog attack can disrupt your health and budget. You may have a right to **compensation** through a public liability claim, and you may need help with lost income and bills while you recover. Claims can take time, so plan for both.

This guide explains what to do first, how public liability works, why timing varies by state, and how to build a realistic money plan that puts free and government help first.

Start here: the first 24 to 48 hours

Your health comes first. Call 000 for a serious injury, then see a GP even if you feel able to walk it off. An early medical record is one of the most useful records you can have later.

Once you are safe, gather evidence while fresh:

- Photograph the hazard and wider scene, such as a spill, cracked path, or poor lighting.
- Report the incident to the shop, council, or venue and ask for a copy.
- Collect witness names and contact details.
- Keep receipts for treatment, transport, and medication.
- Start a daily journal of pain, symptoms, and missed shifts.

What public liability means, and when you may be able to claim

Public liability is about whether the person or organisation in control of a place, often called the occupier, took reasonable care to keep you safe. A claim usually depends on four ideas: duty of care, breach, causation, and loss, such as medical costs or lost income.

Common examples include a slip or trip in a shop, an injury on a poorly maintained footpath, or a dog attack. Road crashes and work injuries use different schemes, such as compulsory third party, TAC in Victoria, WorkCover, or Comcare, so the process differs.

If you are in Victoria, the HCA resource described as **[browse top public liability lawyers online](#)** gives an overview of process, time limits, and entitlements in that state. It can help you

understand the steps before you speak to anyone. Reading a general overview is not advice about your case, and no article or firm can promise an outcome.

Time limits and thresholds: why speed matters

Time limits and the rules for what you can recover vary by state and territory, so getting advice early protects your options.

In South Australia, personal-injury actions generally must be commenced within three years, and early notice of the injury must be served within six months. Missing an early notice step can complicate a claim, which is one reason prompt advice helps.

Some states also cap certain damages or require thresholds. In Victoria only, pain-and-suffering damages generally require meeting a significant injury threshold. In New South Wales, the maximum award for non-economic loss under the Civil Liability Act is \$804,000 for awards made on or after 1 October 2025, and this figure is indexed. Caps and thresholds can change, so check the current figure for your state.

How a claim works and why it can take time

Public liability claims rarely resolve quickly, for practical reasons:

- Your injury usually needs to stabilise before its long-term effect is clear.
- Medical records and reports take time to gather.
- The occupier's insurer will investigate liability.
- Any impairment assessment must be completed.
- Negotiations, and sometimes court timelines, can add further months.

Many cases resolve after a year or more, depending on how serious the injury is and whether liability is disputed. Setting that expectation early helps you plan money rather than assuming a fast payout.

The financial shock of recovery

Even a moderate injury can bring gap fees, physiotherapy, medication, and transport at the same time as lost shifts. If money is tight, prioritise rent or mortgage, food, utilities, and medical care.

A simple bill-triage list can help. Write down each bill, due date, amount owing, and whether it is essential. Contact providers early. Most utilities and lenders have hardship processes, and asking sooner usually gives you more options.

Your money-support ladder

Work through support in this order, starting with free help and government payments before any borrowing.

1. Free financial counselling

The National Debt Helpline offers free, independent, and confidential financial counselling on

1800 007 007 weekdays, with live chat also available. A counsellor can help you build a plan and talk to creditors. Call before taking on new debt.

2. Government payments

If you are temporarily unable to work or study because of your injury, Services Australia may grant a temporary exemption from JobSeeker requirements when you provide a medical certificate. Check eligibility and reporting duties directly with Services Australia.

3. Centrelink advance payment

If you already receive an eligible payment, a Centrelink advance payment lets you take part of that benefit as a lump sum. It is repaid over 13 fortnights from your ongoing payment, reducing future fortnightly income.

4. No Interest Loans

Community finance can cover essentials without interest. Good Shepherd's No Interest Loans (NILs) program offers up to \$2,000 for essential goods and services, and up to \$3,000 for a rental bond or disaster recovery, with no interest and no fees. For many people, this is safer than commercial credit.

5. Hardship with your bank or creditor

Under the National Credit Code, you can ask a credit provider for hardship help, such as pausing or reducing repayments. Moneysmart's financial hardship guidance explains how to make that request.

Centrelink-friendly lenders: terms vary widely

Some lenders will consider applicants who receive Centrelink income, but criteria differ and this does not replace the free and low-cost options above. Nimble says that if you depend on Centrelink benefits it will review whether a loan is right for you. Cash Converters requires applicants to earn over \$500 per week and receive less than 50% of income from Centrelink for certain loan types. Fair Go Finance says it does not accept Centrelink or other government benefits as income for its payday-advance product.

For readers comparing commercial options that consider Centrelink income, City Finance's page using the wording [apply for loans for centrelink recipients](#) explains typical eligibility and documents lenders may ask for. City Finance states that loans of \$2,000 or less are charged a capped 20% establishment fee plus a 4% monthly fee, and gives a worked example of \$1,480 total repayable on a \$1,000 loan over 30 weeks, based on that provider's page and the legal caps. It frames this as information about possible costs, not a quote. No lender can guarantee approval.

Borrowing with your eyes open

If you have worked through the options above and still need short-term credit, understand the costs first. Moneysmart defines payday, or small-amount, loans as up to \$2,000, typically repaid over 16 days to one year. A common structure is a 20% establishment fee plus a 4% monthly fee, default charges are capped, and the total you repay is limited to double the amount borrowed.

In March 2025, ASIC warned that some small-amount lenders may breach consumer-protection laws and shift vulnerable consumers into contracts with fewer protections. Cash Converters also announced it would stop Small Amount Credit Contract loans from 30 September 2025.

If you are considering a commercial lender, including City Finance, use repayment examples only as a starting point. Check current fees, the total amount repayable, and whether repayments fit after essential bills.

Before signing, check:

- Read the Target Market Determination to see who the loan is designed for.
- Compare the total amount repayable, not just the fortnightly figure.
- Confirm how repayments affect your Centrelink budget.
- Ask about hardship options and any early-repayment fees.

Practical next steps

When you meet a lawyer, bring the evidence you have gathered.

- Photo ID.
- Medical records and receipts.
- Photos of the hazard and scene.
- The incident report and any reference number.
- Witness names and contact details.
- A record of lost income and expenses.

Keep tracking expenses and missed shifts, since this supports any economic-loss claim. If you have an employer, talk early about modified duties or a return-to-work plan. Keep the National Debt Helpline number handy.

A calm plan while the claim runs

Two threads run through recovery from a public-place injury: your legal options and day-to-day money. On the legal side, act promptly, keep good records, and get state-specific advice. On the money side, use free help and government support first, consider no-interest community loans, and only look at short-term credit with full knowledge of the costs.

Prioritise your wellbeing and essential bills while the claim progresses. With the right order of steps, you can steady your finances without adding pressure to recovery.

Photo: Kate Trifo via Pexels

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