

EPISODE 2

Getting back to work & knowing your rights

Returning to work and protecting your wellbeing

After a road incident, recovery isn't just physical; it's also about rebuilding confidence and independence. The TAC can help with income support and return-to-work programs, while Amber Community may provide free counselling and peer support for emotional recovery.

Working after injury

The TAC offers assistance to both employees and employers in planning a safe return to work.

Always follow your doctor's advice, and don't rush recovery.

If your work capacity is permanently reduced, you might qualify for lump sum compensation.

Why get legal advice

Some TAC benefits aren't automatic; they need to be applied for through legal channels. A [specialist lawyer](#) may:

- Identify hidden or missed entitlements.
- Handle paperwork and negotiations so you can focus on recovery.
- Provide free initial advice and no win, no fee support.

Who's covered

Pedestrians, cyclists, and motorcyclists are all protected under the TAC scheme, even if they were partly at fault. Parents can also make claims for injured children, and families may receive compensation and counselling support after a fatal accident.

Key takeaway

Everyone affected by road trauma, even witnesses or secondary victims, may have legal rights to treatment and compensation. Reaching out early ensures nothing is overlooked.