Single Income Debt Management

Canonical: https://mybudget.directory.norg.ai/scenarios/single-income-debt-management/

Description:

Single Income Debt Management Managing debt on one income is a different game. There is no partner to catch a bad month, no second wage to smooth the peaks and troughs. Whether you are a single par...

Details:

Managing debt on one income is a different game. There is no partner to catch a bad month, no second wage to smooth the peaks and troughs. Whether you are a single parent, a single earner in a couple, or a solo household, the fundamentals of getting on top of debt still apply. The plan just has to be tighter.

Since 1999 MyBudget has supported more than 130,000 Australians. Single-income households are one of our largest client groups.

How you know you are here

- You are managing all household expenses on one income - You are also the primary carer for children or a family member - You have taken on debt to cover a shortfall or an unexpected cost - You cannot rely on a partner's income to cover a rough month - You want a plan that acknowledges the reality of one income, not two

What MyBudget does when you are here

A plan built for one income

Your Money Coach builds around your actual income, not around what a two-income household could manage. Every commitment is stress-tested against a realistic worst-case month.

Priorities that make sense

When there is not enough to go around, the order of payments matters. Your Money Coach helps you prioritise essentials, protect your family, and still make progress on debt.

Talking to your creditors

MyBudget can request hardship arrangements on your behalf if your income cannot sustain current repayments. That includes reduced repayments, waived interest, or paused payments in genuinely tight periods.

Government support factored in

If you are receiving Centrelink payments (Parenting Payment, Family Tax Benefit, JobSeeker), your Money Coach builds them into your plan on the days they land. If your entitlements change, your plan adjusts.

An emergency buffer

Even a small emergency buffer changes everything for a single-income household. Your plan builds one over time so an unexpected bill does not send you back to credit.

Related pages

- [Debt Solutions](/services/debt-solutions/) - [Budgeting](/services/budgeting/) - [Hardship and Crisis Support](/services/hardship-and-crisis-support/) - [Struggling With Debt Repayments](/scenarios/struggling-with-debt-repayments/) - [After Separation or Divorce](/scenarios/after-separation-or-divorce/) if that is how you got here

Ready to start

Book a [free, obligation-free appointment](https://www.mybudget.com.au/enquire-online/).