



## "It's just basic survival: the financial toll of being a carer"

In *The Guardian* newspaper on Saturday, an article featured several case studies of carers whose lives are financially impacted by their caring duties. Money worries are an issue for many carers, which can also impact on the physical and emotional strain that caring can place upon the carer.

The article features John, a carer who has received support from Sheffield Carers Centre, who said "I spend half my time worrying about money and the other half battling for basics and being an advocate."

[Click here to read the article in Saturday's \*The Guardian\*.](#)

**John Stefanyszyn, 64, lives in Sheffield and looks after his wife, Joanna, 46, and his niece, Lauren, 20, who both have ME**



▲ John Stefanyszyn: 'Without my pension I'd be absolutely screwed.' Photograph: John Stefanyszyn

