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## **Downsizing a Home: A Checklist for Caregivers**

[Downsizing a Home: A Checklist for Caregivers](#) from the Family Caregiver Alliance provides a helpful moving resource for Caregivers. The article offers practical moving guidance to save time, energy and sleepless nights. Topics covered include:

- \* Planning Ahead
  - \* Where to Start
  - \* Paperwork
  - \* Sorting
  - \* Packing
  - \* Moving
  - \* Settling In
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Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.

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