

## Module 1 (Training Overview)

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**Which of the following sentences about support plans is true?**

- ☐ A support plan cannot be changed once created.
  - ☐ A support plan is a tool only used by supervisors to track resident information.
  - ☐ A support plan is updated as new information about a resident becomes available.
  - ☐ *Nothing Selected*
- 

**What is the correct term for someone who lives in a personal care home?**

- ☐ Resident.
  - ☐ Patient.
  - ☐ Practitioner.
  - ☐ *Nothing Selected*
-

**A resident needs to get dressed for the day. He has arthritis that makes it difficult to move at times. What must you do when helping the resident?**

- ☐ Ask him to sign a waiver form in case he gets injured.
  - ☐ Ask the resident how he would like you to assist him with dressing.
  - ☐ Nothing; direct care staff persons are not responsible for helping residents with dressing.
  - ☐ *Nothing Selected*
- 

**Which of the following is the goal of a personal care home?**

- ☐ Provide necessary services for individuals to live as independently as possible.
  - ☐ Emphasize how illnesses can restrict the daily lives of residents.
  - ☐ Restrict residents from helping in their own care.
  - ☐ *Nothing Selected*
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## Module 2 (Safe Management Techniques)

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**Tamara was very upset. She started throwing her dishware and silverware in the dining area. Which of the following should a direct care staff person do first?**

- ☐ Protect other residents from thrown objects.
- ☐ Leave the area to find a supervisor.
- ☐ Record Tamara's behavior in the support plan.
- ☒ *Nothing Selected*

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**At Johnson Personal Care Home, there is a list posted near the front of the residence. There are many statements on the list. One is "A resident shall be treated with dignity and respect." This statement is an example of a resident's \_\_\_\_\_.**

- ☐ law
- ☐ right
- ☐ regulation
- ☒ *Nothing Selected*

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**A direct care staff person kept making sexually suggestive comments to a resident. Such inappropriate comments are an example of \_\_\_\_\_.**

- ☐ assault
- ☐ discrimination
- ☐ harassment
- ☒ *Nothing Selected*

## Module 3 (ADLs and IADLs)

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**When helping residents with their ADLs and IADLs, what should you do?**

- ☐ Always wait to help residents with their ADLs and IADLs until they ask for it.
- ☐ Know what ADLs and IADLs the residents can do on their own and provide assistance as needed.
- ☐ Log every time you help the residents with an ADL or IADL.
- ☐ *Nothing Selected*

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**What should you do when cutting food for a resident who needs assistance?**

- ☐ Cut the food into small pieces.
  - ☐ Prevent residents from trying to cut his own food.
  - ☐ Explain to the resident that he must make another food choice.
  - ☒ *Nothing Selected*
-

**How do ADLs differ from IADLs?**

- ☐ The amount of help residents need with ADLs changes less than the help they need with IADLs.
- ☐ Direct care staff persons assist residents with ADLs, but not IADLs.
- ☐ ADLs represent basic activities necessary for daily life while IADLs represent more complex tasks.
- ☒ *Nothing Selected*

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**One of the residents has trouble with his eyes. You see him in the kitchen cutting fruit. He squints while he does so, and his slices are missing the fruit and hitting the table, coming close to his fingers. What should you do?**

- ☐ Check his support plan.
- ☐ Assist him immediately.
- ☐ Ask him if he wants you to assist him
- ☒ *Nothing Selected*

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**Which of the following ADLs will some residents need help with before mealtime?**

- ☐ Washing hands.
- ☐ Driving.
- ☐ Eating.
- ☒ *Nothing Selected*

## Module 4 (Personal Hygiene)

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**Yolanda is a resident at Maple Health Care. She enjoys assuming responsibility for her personal hygiene. Recently, she asked Delta, a direct care staff person, for assistance in shaping her nails so that their tips are smooth and rounded. Given Yolanda's permission, which type of assistance might Delta provide to Yolanda?**

- ☐ Delta should use an emery board and move it gently in one direction across the nails' surface.
  - ☐ Delta should use a Q-tip and clean on top and underneath the nails.
  - ☐ Delta should use a colorless nail gloss to reduce the jagged edges and coat the surfaces.
  - ☒ *Nothing Selected*
- 

**Hair should be combed or brushed daily to \_\_\_\_\_.**

- ☐ prevent hair loss
  - ☐ remove gray hairs
  - ☐ stimulate scalp circulation
  - ☒ *Nothing Selected*
- 

**Bathing can be considered "therapeutic" because it \_\_\_\_\_.**

- ☐ is a source of water for a thirsty resident
- ☐ increases blood flow in the body
- ☐ has to be done every day
- ☒ *Nothing Selected*

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**Good personal hygiene results in which of the following?**

- ☐ Prevention of infection.
- ☐ Stronger bones.
- ☐ Weight loss.
- ☒ *Nothing Selected*

## Module 5 (Care of Residents with Dementia/Mental Illness/Mental Retardation)

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**Which of the following sentences is not true?**

- ☐ Many residents with mental illnesses are treated with medication.
- ☐ All residents with mental illnesses have much lower intelligence than people who do not have mental illness.
- ☐ The effects of some mental illnesses change over time.
- ☒ *Nothing Selected*

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**Which of the following must be true of a resident if he has mental retardation?**

- ☐ His intelligence is significantly below normal.
- ☐ His mother used drugs or alcohol when pregnant with him.
- ☐ He requires constant care from the staff.
- ☒ *Nothing Selected*

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**You are told that a certain adult resident functions at a 10 year-old level. What is definitely true about that resident?**

- ☐ The resident enjoys playing with toys.
- ☐ The resident has lower intellectual functioning than others his age.
- ☐ The resident does not get along with other residents.
- ☒ *Nothing Selected*



## Module 6 (Gerontology and Normal Aging)

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**Vision changes as we get older. Reading can be difficult. Which of the following is a normal age change in vision?**

- ☐ Difficulty reading print at a close distance.
  - ☐ Difficulty reading large print.
  - ☐ Better ability to see in areas with little light.
  - ☐ *Nothing Selected*
- 

**What happens to the skin as a person gets older?**

- ☐ It becomes less elastic and this increases the chances of bruising.
  - ☐ It becomes more elastic and this increases sweating and perspiration.
  - ☐ Its elasticity remains the same
  - ☒ *Nothing Selected*
- 

**As a person gets older, circulation of the blood slows down. As a result of the decrease in circulation, older residents might say which of the following?**

- ☐ "I am feeling a sense of fever. I think my temperature has increased."
  - ☐ "I am feeling a chill. My feet and hands feel cold."
  - ☐ "I am feeling dizzy. I think I ate something that did not agree with me."
  - ☒ *Nothing Selected*
-

**There are many myths about aging. As a direct care staff person, it is important to know these myths in an effort to help residents enjoy their independence and quality of living. Which of the following statements is a myth that should be eliminated in thinking about the aging process?**

- ☐ Older people cannot learn something new. They cannot solve problems.
- ☐ Older people cannot see and hear as well as they did when they were younger.
- ☐ Older people experience more difficulty recovering from injuries and illness.
- ☒ *Nothing Selected*

Module 8 (Nutrition, Food Handling and Sanitation)

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**Which of the following are nutrients supplied by food?**

- ☐ Fat.
  - ☐ Protein.
  - ☐ Answers a and b above.
  - ☐ *Nothing Selected*
- 

**Daniel, a resident, shares that his heart seems to be beating faster than normal and his mouth and skin seem to be more dry than usual. What should a direct care staff person do in this situation?**

- ☐ Report Daniel's symptoms to a supervisor.
- ☐ Test Daniel to see if he is having an allergic reaction.
- ☐ Ask Daniel if he is dehydrated.
- ☒ *Nothing Selected*

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**Which of the following foods are good sources of protein?**

- ☐ Bananas, oranges, and strawberries.
- ☐ Beans, nuts, and peas.
- ☐ Potatoes, tomatoes, and squash.
- ☒ *Nothing Selected*

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**Alexandra knows that she needs to drink water daily to keep her body healthy. But, she finds the taste really bland. Recently, she asked her friend, Mary Joe, if there were any other healthy drinks she could have. Mary Joe makes a good recommendation. Which of the following drinks did Mary Joe recommend?**

- ☐ Cranberry juice.
- ☐ Diet soda.
- ☐ Espresso.
- ☒ *Nothing Selected*

## Module 7 (Assessments and Support Plans)

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**Which of the following is true about the care team at a personal care home?**

- ☐ Residents are at the center of the care team.
- ☐ Direct care staff persons are responsible for putting together the care team.
- ☐ Once a care team is formed, it cannot be changed.
- ☒ *Nothing Selected*

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**When staff members work together as part of a team, how does this affect residents?**

- ☐ They do not need to receive visits from friends and family as often.
- ☐ They receive better care.
- ☐ They become less active.
- ☒ *Nothing Selected*

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**Mr. Garcia, a resident, has been complaining of tooth pain lately. What should you do?**

- ☐ Tell another direct care staff person about Mr. Garcia's problem.
- ☐ Inform your supervisor and suggest setting up an appointment with his dentist.
- ☐ Document the complaint in the ADL log.
- ☒ *Nothing Selected*

## Module 9 (Recreation, Socialization, Community Resources, Social Services, and Activities in the Community)

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**Every evening, Mrs. Blumenthal, who has early stage Alzheimer's disease, wants to go outside to look at the sky. How should you deal with her desire to go outside at night?**

- ☐ Explain to her that because of her disease she needs to give up her stargazing interests.
- ☐ Encourage her to go to bed earlier and get more rest.
- ☐ Find a way to help her pursue her stargazing interests.
- ☒ *Nothing Selected*

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**Mr. Williams, a resident, wants to participate in an exercise class offered at the personal care home. He says he is interested in participating, but is not sure he can do some of the exercises without feeling pain. What should a direct care staff person do in this situation?**

- ☐ Check his support plan to see if he has a health condition that would prohibit him from participating in this activity.
  - ☐ Tell him that he cannot participate in this activity under any circumstances.
  - ☐ Tell him not to worry about the pain and strongly encourage him to participate in this activity.
  - ☒ *Nothing Selected*
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**Mr. Smith, a resident, is quite isolated from other residents. He spends almost all of his time alone in his room. The only thing that he seems to look forward to each day is watching television shows about animals and nature. He complains regularly about how he feels so lonely. How might you help Mr. Smith make social connections with residents?**

- ☐ Push Mr. Smith to start watching the soap operas that some other residents watch every afternoon.
- ☐ Invite other residents to Mr. Smith's room to watch nature shows with him.
- ☐ Help Mr. Smith identify other residents who share his interest in nature, and if there is interest, offer to help plan a relevant activity.
- ☒ *Nothing Selected*

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**Lori, a direct care staff person, is having difficulty finding activities that Mr. Tessio, a relatively new resident, enjoys. Mr. Tessio's daughter visits regularly. What might Lori ask his daughter concerning ways to help Mr. Tessio adjust to life at the personal care home?**

- ☐ Ask her about activities that her father enjoys.
- ☐ Ask her to not to visit as often so that he is more encouraged to make friends with other residents.
- ☐ Ask her to tell her father not to have such high expectations.
- ☒ *Nothing Selected*

## Module 10 (Meeting the Care Needs of Residents in a Culturally Diverse Environment)

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**Saud, a resident of Middle Eastern descent, avoids making direct eye contact with female direct care staff persons and residents. You notice that many other residents of Middle Eastern descent do this as well. As part of their culture, why do they most likely do this?**

- ☐ They are shy around women.
- ☐ They see making direct eye contact with a female as a sign of making sexual advances.
- ☐ They have no respect for women.
- ☒ *Nothing Selected*

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**For some cultures, looking directly into the eyes of another person may be seen as \_\_\_\_\_.**

- ☐ a sign of anger
- ☐ a sign of disrespect
- ☐ a sign of fear
- ☒ *Nothing Selected*

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**Which of the following statements represents a stereotype?**

- ☐ Many Asian-Americans prefer not to be touched, especially in public.
- ☐ Different cultures prefer different amounts of personal space.
- ☐ All older residents have trouble learning new things.
- ☒ *Nothing Selected*



## Module 11 (Safety Management/Hazard Prevention)

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**What must a direct care staff person do after observing a safety hazard in the home?**

- ☐ Immediately report the safety hazard according to the home's policy.
- ☐ Write up the people responsible for the safety hazard.
- ☐ Inform residents of the hazard so they can take appropriate action to correct it.
- ☒ *Nothing Selected*

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**Luis, a direct care staff person, is heating up soup on the stove when he spills some of it. He cleans the soup from the top of the stove with a paper towel and leaves the paper towel on the stovetop. What is wrong with this scenario?**

- ☐ Direct care staff persons do not prepare food for residents.
- ☐ Paper towels are not to be used in personal care homes.
- ☐ Paper towels and other flammable objects must not be left on stovetops.
- ☒ *Nothing Selected*

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**Saif, a direct care staff person, is walking past Mr. Smith's room and sees that he is smoking. What is wrong with this scenario?**

- ☐ Residents are not allowed to smoke.
- ☐ Residents are not allowed to smoke in their rooms.
- ☐ Residents must smoke only during designated hours.
- ☒ *Nothing Selected*

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**Why is fire safety such an important concern in the personal care home?**

- ☐ Most residents are incapable of preventing fires themselves.
- ☐ Most personal care homes do not always have the equipment they need to prevent fires.

- ☐ Residents in personal care homes often need assistance to evacuate in a fire.
  - ☒ *Nothing Selected*
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**Regarding fireplaces in a personal care home, which of the following precautions is necessary?**

- ☐ Only using the fireplace during the winter months.
  - ☐ Making sure the fireplace always has wood.
  - ☐ Keeping a screen in front of the fireplace.
  - ☒ *Nothing Selected*
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**Why is it important to make sure that all pot handles are to the side or back of the stove top when cooking?**

- ☐ It allows the food to cook faster, reducing the chance of a stove fire.
- ☐ It prevents others from bumping into the pots and causing burns.
- ☐ It allows more people to prepare meals at the same time.
- ☒ *Nothing Selected*

## Module 12 (Infection Control)

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**Sheila, a direct care staff person, is changing the sheets on a resident's bed. The resident accidentally urinated in the bed during the evening. After putting on gloves, Sheila places the soiled sheets on the floor and gets new ones. What did she do wrong?**

- ☐ She did not have the new sheets ready before she took off the soiled ones.
  - ☐ She did not wash her hands before taking off the soiled sheets
  - ☐ She put soiled sheets on the floor
  - ☒ *Nothing Selected*
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**You see a direct care staff person sneeze into his hands. He then starts sweeping the kitchen floor. What did he do wrong?**

- ☐ He did not wash his hands after sneezing into them.
  - ☐ He swept the kitchen floor, a task direct care staff persons are not supposed to do.
  - ☐ He covered his mouth while sneezing.
  - ☒ *Nothing Selected*
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**Under what conditions must you wash your hands before preparing food?**

- ☐ If you have not washed your hands in the last hour.
- ☐ If you are going to be preparing meat for the residents.
- ☐ You must always wash your hands before preparing any food.
- ☒ *Nothing Selected*

## Module 13 (Care for Individuals with Mobility Needs)

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**How do pressure sores, also known as “bed sores” develop?**

- ☐ When the sheets on the bed are of a low thread count.
- ☐ When there is constant pressure on an area of skin for a long time.
- ☐ When residents sleep more than 8 hours a night.
- ☒ *Nothing Selected*

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**When a resident stays in a chair or bed for long periods of time, they are at increased risk for which of the following health problems?**

- ☐ Pressure sores.
- ☐ Lou Gehrig’s disease.
- ☐ Schizophrenia.
- ☒ *Nothing Selected*

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**When helping to clean a resident who has had an incontinence “accident”, when should you wash your hands?**

- ☐ After helping the resident.
- ☐ Before and after helping the resident.
- ☐ Direct care staff persons are not required to help residents clean up.
- ☒ *Nothing Selected*

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**Who is at greatest risk for developing pressure sores, also known as “bed sores”?**

- ☐ Asian-American residents.

- ☐ Residents who smoke
- ☐ Residents confined to a bed, chair, or wheelchair.
- ☒ *Nothing Selected*