

# Aging and End-of-Life Concepts Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. A progressive brain disorder that destroys memory and thinking skills is called what?**
  - A. Alzheimer's disease**
  - B. Mild cognitive impairment**
  - C. Vascular dementia**
  - D. Frontotemporal dementia**
  
- 2. Which term describes moving to new roles in one's career?**
  - A. Bridge workers**
  - B. Pollyanna principle**
  - C. Memory bias**
  - D. Career shifters**
  
- 3. Late-stage Alzheimer's is characterized by which of the following?**
  - A. Mild memory loss**
  - B. Loss of independence and severe cognitive decline**
  - C. Improved memory**
  - D. Severe cognitive decline and loss of independence**
  
- 4. Intentionally ending life to relieve suffering is defined as:**
  - A. Euthanasia**
  - B. Active euthanasia**
  - C. Passive euthanasia**
  - D. Voluntary euthanasia**
  
- 5. Which instrument creates trusts for beneficiaries?**
  - A. Wills**
  - B. Simple Will**
  - C. Living Will**
  - D. Testamentary Trust Will**
  
- 6. What does DNR stand for?**
  - A. Do Not Resuscitate**
  - B. Do Not Reconcile**
  - C. Do Not Renew**
  - D. Do Not Respond**

- 7. Negative treatment from others due to age is known as which form of ageism?**
- A. Ageism**
  - B. Interpersonal ageism**
  - C. Institutional ageism**
  - D. Stereotypical ageism**
- 8. Which power specifically manages money and property?**
- A. Wills**
  - B. Power of Attorney**
  - C. Financial Power of Attorney**
  - D. Durable Power of Attorney**
- 9. Discussions and community programs describe which form of education?**
- A. Informal education**
  - B. Professional education**
  - C. Death of a spouse**
  - D. Infant loss**
- 10. Which term refers to classes or training programs?**
- A. Formal education**
  - B. Classes or training programs**
  - C. Death education**
  - D. Openness**

## Answers

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1. A
2. D
3. D
4. A
5. D
6. A
7. B
8. C
9. A
10. B

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## **Explanations**

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**1. A progressive brain disorder that destroys memory and thinking skills is called what?**

- A. Alzheimer's disease**
- B. Mild cognitive impairment**
- C. Vascular dementia**
- D. Frontotemporal dementia**

Alzheimer's disease is a progressive brain disorder that destroys memory and thinking skills. It is the most common cause of dementia and typically starts with subtle short-term memory difficulties, then gradually affects language, problem solving, and the ability to perform daily activities. The decline is gradual and irreversible, reflecting neurodegenerative changes in the brain. Treatments can modestly help symptoms or slow progression for some people, and planning for care becomes important as the disease advances. Other conditions can cause cognitive changes, but they differ in pattern: mild cognitive impairment involves noticeable decline without major daily-life impairment; vascular dementia follows strokes or vascular problems and often shows a stepwise decline; frontotemporal dementia affects behavior and language early and may impair memory later.

**2. Which term describes moving to new roles in one's career?**

- A. Bridge workers**
- B. Pollyanna principle**
- C. Memory bias**
- D. Career shifters**

Moving to new roles in a career is about changing career paths or taking on different kinds of work. The term that fits this idea best is career shifters, because it specifically describes people who switch to different roles or fields rather than staying in the same track or just getting promoted within the same area. It signals a deliberate transition across careers, often involving new skills and training. The other options don't describe this concept: bridge workers refer to a specific occupation, the Pollyanna principle is about optimistic interpretation of information, and memory bias concerns how we recall past events.

**3. Late-stage Alzheimer's is characterized by which of the following?**

- A. Mild memory loss**
- B. Loss of independence and severe cognitive decline**
- C. Improved memory**
- D. Severe cognitive decline and loss of independence**

Late-stage Alzheimer's involves extensive deterioration in thinking and daily functioning. By this stage, memory loss is profound, communication may be severely impaired, and individuals cannot perform activities of daily living without help, often requiring round-the-clock care. This combination—severe cognitive decline together with loss of independence—captures the defining picture of late-stage disease, which is why this option is the best match. The other choices describe earlier stages or incorrect changes in memory, which do not fit late-stage features.

#### 4. Intentionally ending life to relieve suffering is defined as:

- A. Euthanasia**
- B. Active euthanasia**
- C. Passive euthanasia**
- D. Voluntary euthanasia**

Intentionally ending life to relieve suffering is euthanasia. Euthanasia is the deliberate ending of a person's life to relieve unbearable pain or distress, and it includes both directly causing death (active euthanasia) and withholding or stopping treatments that would prolong life (passive euthanasia). When the person has requested the death, it's called voluntary euthanasia; the concept described here, however, is broader and does not specify consent or method. So the general term euthanasia best matches the statement.

#### 5. Which instrument creates trusts for beneficiaries?

- A. Wills**
- B. Simple Will**
- C. Living Will**
- D. Testamentary Trust Will**

Trusts can be created to control how assets are managed and distributed after death. A testamentary trust is specifically formed by the terms of a will and comes into existence when the person dies. The will designates assets to fund the trust, names a trustee, and sets rules for when and how the beneficiaries receive distributions. This mechanism lets you provide for minor or vulnerable beneficiaries, preserve assets for future generations, or place protections on how funds are spent. In contrast, a living will addresses medical decisions and end-of-life care and does not involve transferring or holding assets. A simple will may distribute assets outright unless it includes a trust provision, but the instrument that explicitly creates a trust upon death is the testamentary trust will.

#### 6. What does DNR stand for?

- A. Do Not Resuscitate**
- B. Do Not Reconcile**
- C. Do Not Renew**
- D. Do Not Respond**

In medical decision-making around emergencies, DNR means Do Not Resuscitate. This indicates that if the person's heart stops or they stop breathing, healthcare providers should not perform CPR or initiate advanced life-support measures. It reflects the patient's or surrogate's goals of care and applies to emergency interventions, not to withholding all treatment. Other care aimed at comfort, pain relief, and treatment of reversible conditions can still be provided. The other phrases—Do Not Reconcile, Do Not Renew, and Do Not Respond—do not relate to resuscitation decisions and correspond to different contexts, so they don't fit this medical directive.

**7. Negative treatment from others due to age is known as which form of ageism?**

- A. Ageism**
- B. Interpersonal ageism**
- C. Institutional ageism**
- D. Stereotypical ageism**

The situation described is about direct, person-to-person treatment based on someone's age. That immediate, interpersonal dynamic—being treated differently or unfairly by another individual because of age—fits interpersonal ageism. This form focuses on how prejudice and bias show up in everyday interactions between people. In contrast, institutional ageism would involve biased policies, practices, or systems within organizations that disadvantage certain age groups; stereotypical ageism refers to fixed beliefs or myths about aging that can influence attitudes but not necessarily how someone is treated in a specific moment. So the best fit for negative treatment from others due to age is interpersonal ageism.

**8. Which power specifically manages money and property?**

- A. Wills**
- B. Power of Attorney**
- C. Financial Power of Attorney**
- D. Durable Power of Attorney**

Handling money and property requires a tool that explicitly names an agent to manage those financial affairs. The financial power of attorney does just that: it authorizes someone to pay bills, manage bank accounts, handle investments, and deal with real property on your behalf. The crucial idea is the scope—finances and property are the focus of this document, not general life decisions or posthumous asset distribution. A will governs what happens to assets after death, not who handles them while you're alive. A general Power of Attorney is a broad label and may not specify finances clearly, while the Durable Power of Attorney speaks to whether authority lasts if you become incapacitated. When the goal is specifically to manage money and property, the financial power of attorney is the precise instrument to use.

**9. Discussions and community programs describe which form of education?**

- A. Informal education**
- B. Professional education**
- C. Death of a spouse**
- D. Infant loss**

Learning can happen in many settings, and informal education describes learning that occurs outside formal classrooms, without a set curriculum or certification. When people come together for discussions and community programs, knowledge is shared through conversation, practical demonstrations, and collaborative problem-solving in everyday life. This kind of learning is often voluntary, sociable, and rooted in real-world experiences, rather than structured to lead to a credential. In contrast, formal or professional education happens in schools or structured programs with a defined curriculum and assessments, leading to credentials. Life events like the death of a spouse or infant loss are experiences, not forms of education. So discussions and community programs best illustrate informal education.

**10. Which term refers to classes or training programs?**

- A. Formal education**
- B. Classes or training programs**
- C. Death education**
- D. Openness**

Think about what term names the actual instructional offerings people enroll in. Classes, workshops, and trainings describe the format and delivery of learning—the organized sessions that people attend to gain skills or knowledge. That is exactly what “classes or training programs” refers to: the instructional offerings themselves. By contrast, formal education is the broader schooling system with credentials; death education is about learning specifically about death; openness describes a person’s attitude or willingness to share. So the phrase that directly names the instructional offerings is the best fit.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://agingendoflifeconcepts.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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