

# California Nursing Home Administrator License Practice Exam (Sample)

## Study Guide



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

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the minimum number of daily living activities that ALF direct care staff are expected to assist with?**
  - A. 2**
  - B. 4**
  - C. 5**
  - D. 6**
- 2. Who is required to participate in elopement drills?**
  - A. Direct care staff only**
  - B. All staff members**
  - C. Only administrators and direct care staff**
  - D. Only staff with administrative roles**
- 3. What is the maximum notice period a resident must provide before moving out of an ALF?**
  - A. 7 days**
  - B. 14 days**
  - C. 30 days**
  - D. 45 days**
- 4. At what temperature must cold foods be maintained?**
  - A. 0°**
  - B. 35° or below**
  - C. 41° or below**
  - D. 135° or below**
- 5. How many hours of training must staff assisting with self-administration of medication have prior to providing assistance?**
  - A. 4 hours, prior to providing assistance**
  - B. 6 hours within 30 days of employment**
  - C. 4 hours within 30 days of employment**
  - D. 6 hours, prior to providing assistance**



- 6. Which of the following tasks can nurses do in an assisted living facility?**
- A. Apply topical creams and change bandages**
  - B. Direct unlicensed staff on giving PRN medications**
  - C. Take telephone orders**
  - D. Decide on reporting unusual reactions to medications**
- 7. What is the maximum number of residents allowed in an assisted living facility to be considered a small facility?**
- A. 10**
  - B. 15**
  - C. 20**
  - D. 25**
- 8. How many snacks are ALFs required to provide to residents each day?**
- A. At least 1**
  - B. At least 2**
  - C. At least 3**
  - D. None**
- 9. What does person-centered care for individuals with memory impairments include?**
- A. Making decisions for them about clothing and menu**
  - B. Recognition that the person is not diminished**
  - C. Believing the person cannot make decisions**
  - D. Choosing activities without their input**
- 10. If a patient is placed on fall precautions, what is true regarding the wristband identification?**
- A. The wristband is removed after 24 hours**
  - B. Education on the wristband is documented**
  - C. Proper identification informs staff of patients at risk for falls**
  - D. All of the above are true**

## **Answers**

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

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## **Explanations**

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**1. What is the minimum number of daily living activities that ALF direct care staff are expected to assist with?**

- A. 2**
- B. 4**
- C. 5**
- D. 6**

In an Assisted Living Facility (ALF), direct care staff are typically expected to assist residents with daily living activities to ensure their well-being and quality of life. The minimum requirement for assistance often includes fundamental activities that are vital for maintaining personal care and independence, such as bathing, dressing, grooming, eating, toileting, and mobility. The correct choice indicates that staff should assist with a minimum of six daily living activities. This expectation ensures that residents receive comprehensive support tailored to their needs, aiming not only to meet basic care requirements but also to promote their dignity and individual autonomy. By engaging in multiple aspects of daily living, care staff effectively contribute to the overall health and happiness of residents, facilitating a holistic approach to care in an assisted living environment. This level of support is crucial for residents who may have varying degrees of physical or cognitive limitations.

**2. Who is required to participate in elopement drills?**

- A. Direct care staff only**
- B. All staff members**
- C. Only administrators and direct care staff**
- D. Only staff with administrative roles**

The requirement for participation in elopement drills is rooted in the comprehensive safety and security protocols that nursing homes must adhere to. It is essential for all staff, particularly those involved in direct care and administration, to be well-versed in procedures aimed at preventing elopement incidents. Training during these drills ensures that direct care staff are prepared to respond swiftly and effectively, while administrators are responsible for overseeing the implementation of such safety measures. Involving both administrators and direct care staff in elopement drills helps create a cohesive team that understands the protocols, roles, and responsibilities during an elopement situation. Administrators provide vital leadership and coordination, while direct care staff are typically the first responders in these scenarios. Therefore, the inclusion of both groups in these drills ensures that comprehensive training and understanding of policies are universally applied, leading to improved safety for residents. This approach also facilitates a culture of accountability and awareness among staff, reminding all employees about the importance of vigilance and preparedness in maintaining a safe environment for vulnerable populations.

**3. What is the maximum notice period a resident must provide before moving out of an ALF?**

- A. 7 days
- B. 14 days
- C. 30 days**
- D. 45 days

The correct answer indicates that a resident must provide a maximum notice period of 30 days before moving out of an Assisted Living Facility (ALF). This regulation is designed to provide sufficient time for the facility to prepare for the resident's departure, arrange for the next admission, and ensure that the transitioning process is respected and organized. A 30-day notice helps facilitate proper planning for both the resident and the facility, allowing for a smooth transition in care and management. In the context of facility operations, this period allows the administrative staff to assess and manage any changes needed to accommodate new residents, maintain occupancy rates, and ensure financial stability. Being informed well in advance is also crucial for the planning of services available to remaining residents as well as fostering community stability. The other potential notice periods, while they may seem practical in certain contexts, do not provide the same level of preparation and transition opportunity for the facility and future residents. Therefore, the 30-day notice rule balances the interests of both residents moving out and the facilities they are leaving.

**4. At what temperature must cold foods be maintained?**

- A. 0°
- B. 35° or below
- C. 41° or below**
- D. 135° or below

Cold foods must be maintained at a temperature of 41° or below to ensure food safety and prevent the growth of harmful bacteria. This standard is based on the science of food safety, which indicates that temperatures above this threshold can facilitate the rapid proliferation of pathogens that can cause foodborne illnesses. Keeping cold foods at or below 41° helps to preserve their freshness and safety, which is particularly crucial in environments like nursing homes where vulnerable populations may be at increased risk for foodborne illnesses. This guideline aligns with the recommendations from food safety authorities, including the U.S. Food and Drug Administration (FDA). Other temperature options provided do not align with food safety standards for cold food storage. Maintaining cold foods at temperatures like 0° or 35° could be overly restrictive depending on the type of food, while 135° is a temperature that exceeds the safe range for cold storage, indicating hot holding temperatures instead. This makes maintaining cold foods at 41° or below the only appropriate and safe choice.

**5. How many hours of training must staff assisting with self-administration of medication have prior to providing assistance?**

- A. 4 hours, prior to providing assistance**
- B. 6 hours within 30 days of employment**
- C. 4 hours within 30 days of employment**
- D. 6 hours, prior to providing assistance**

Staff members who assist residents with self-administration of medication are required to receive a specific amount of training to ensure safe and effective assistance. The correct choice indicates that these staff members must complete 6 hours of training before they provide any assistance with medication. This training is crucial as it covers essential topics such as understanding medications, recognizing potential side effects, and learning the proper procedures for assisting residents effectively. By completing the training before providing assistance, staff can ensure that they are well-prepared to support residents safely and in compliance with regulatory standards. The other options do not align with the regulatory requirements. The completion of only 4 hours of training, whether prior to assistance or within a certain timeframe after employment, falls short of the mandated training hours necessary for optimal care and safety in medication management.

**6. Which of the following tasks can nurses do in an assisted living facility?**

- A. Apply topical creams and change bandages**
- B. Direct unlicensed staff on giving PRN medications**
- C. Take telephone orders**
- D. Decide on reporting unusual reactions to medications**

In an assisted living facility, nurses have a defined scope of practice that includes critical responsibilities such as taking telephone orders from physicians. This is an essential function as it allows for timely medical decisions and interventions to be made, which is particularly important in facilities where residents may require prompt adjustments to their care plans. Taking telephone orders involves significant training and licensure, ensuring that the nurse possesses the necessary clinical knowledge to interpret and implement the orders accurately. In contrast, the other tasks mentioned typically fall outside the specific capabilities or legal scope of practice for nurses in assisted living settings. For example, applying topical creams and changing bandages may be within a nurse's scope, but in many assisted living facilities, these tasks can also be performed by trained unlicensed staff under the direction of nurses. Similarly, directing unlicensed staff on administering PRN (as needed) medications is often restricted due to the complexities involved in medication management, which requires a licensed professional to oversee administration. Lastly, decisions regarding reporting unusual reactions to medications may involve clinical judgment that requires thorough assessment and could necessitate further authorization or collaboration with physicians. Thus, taking telephone orders aligns clearly with the core responsibilities of nursing practice in ensuring effective communication and continuity of care within the healthcare team.

**7. What is the maximum number of residents allowed in an assisted living facility to be considered a small facility?**

- A. 10**
- B. 15**
- C. 20**
- D. 25**

The definition of a small assisted living facility in California is established by regulatory standards, which state that a small facility is one that has a maximum capacity of 6 to 15 residents. Therefore, the correct response regarding the maximum number of residents allowed in an assisted living facility to be classified as a small facility is 15. Any facility with more than 15 residents would no longer meet the criteria for being categorized as a small facility. In terms of facility sizes, those that exceed the small category are typically classified as medium or large facilities, defining their operational frameworks, care services, and regulatory requirements distinctly from smaller ones. Understanding this limit is crucial for compliance with state regulations and ensuring that facilities operate within their designated classifications.

**8. How many snacks are ALFs required to provide to residents each day?**

- A. At least 1**
- B. At least 2**
- C. At least 3**
- D. None**

Assisted Living Facilities (ALFs) are required to provide their residents with a minimum of one snack each day. This requirement is part of the regulatory framework designed to ensure that residents receive adequate nutrition throughout the day, in addition to their regular meals. Snacks can help maintain energy levels, support overall health, and cater to individual dietary needs. Providing at least one snack ensures that residents have access to food outside of main meal times which is especially important for those who may have varying dietary needs, prefer smaller frequent meals, or require specific nutritional support. This regulation reflects the emphasis on promoting the wellbeing and quality of life for residents in these facilities. While options for two or three snacks could contribute positively to a resident's nutrition and enjoyment of food, the baseline requirement as mandated is set at a minimum of one snack per day. This baseline requirement ensures a consistent approach across facilities while allowing for flexibility to meet the diverse needs of residents.



**9. What does person-centered care for individuals with memory impairments include?**

- A. Making decisions for them about clothing and menu**
- B. Recognition that the person is not diminished**
- C. Believing the person cannot make decisions**
- D. Choosing activities without their input**

Person-centered care for individuals with memory impairments emphasizes recognizing the individual's dignity, worth, and the preservation of their identity. This approach affirms that the person is not diminished by their condition but rather maintains their individuality and humanity. It involves understanding and appreciating their preferences, values, and history, allowing for a more personalized and respectful response to their needs. In the context of care, this means involving individuals in discussions about their care and daily activities, so they feel valued and empowered. This recognition leads to better emotional well-being and can enhance the quality of life for those with memory impairments. It creates an environment where they are seen as capable individuals rather than merely patients defined by their limitations. The emphasis on dignity and personal choice contrasts sharply with approaches that involve making decisions for individuals without consulting them, dismissing their ability to contribute to their own care, or making assumptions about their capabilities based solely on their memory impairment.

**10. If a patient is placed on fall precautions, what is true regarding the wristband identification?**

- A. The wristband is removed after 24 hours**
- B. Education on the wristband is documented**
- C. Proper identification informs staff of patients at risk for falls**
- D. All of the above are true**

The inclusion of a wristband for patients placed on fall precautions serves multiple essential purposes in a healthcare setting. Wristbands act as a clear and visible tool for identifying patients who are at risk for falls, helping to ensure that all staff members are aware of the precautionary measures in place. This is crucial because it enhances safety by minimizing the chances of accidents, so proper identification through wristbands helps reinforce staff awareness and responsiveness when caring for these patients. Moreover, education regarding the wristband is documented to maintain a record of the safety measures being implemented. This documentation is important for continuity of care, as it provides all members of the healthcare team with information about precautions that should be taken during the patient's care. Additionally, while wristbands may typically remain in place for the duration of the patient's need for fall precautions, there is no standard that mandates their removal after 24 hours. Instead, they should remain until the risk assessment is re-evaluated, which can vary based on individual patient circumstances. By encompassing all these aspects, the correct answer reflects a comprehensive understanding of the protocols associated with fall precautions in a nursing home setting.

## 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://california-nursinghomeadministrator.examzify.com>**

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