

CALIFORNIA NURSING HOME ADMINISTRATOR LICENSE PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What are the required serving temperatures for hot and cold foods?**
 - A. 165° or above, 41° or below
 - B. 135° or above, 41° or below
 - C. 155° or above, 30° or below
 - D. 165° or above, 30° or below
- 2. What financial requirement must assisted living facilities fulfill regarding their accounting practices?**
 - A. Notify residents of financial difficulties
 - B. Employ a registered financial planner as chief financial officer
 - C. Use a recognized accounting system
 - D. File quarterly financial reports with the state
- 3. What should be considered when planning snack availability for residents?**
 - A. Only resident requests
 - B. Health of the residents
 - C. Access to kitchen facilities
 - D. Staff availability
- 4. Operating an unlicensed assisted living facility is classified as what level of felony?**
 - A. Allowed with three or fewer non-related residents
 - B. A second-degree felony
 - C. Allowed if an aide license was previously surrendered
 - D. A third-degree felony
- 5. In an assisted living facility licensed for 6 residents, what is a necessary requirement?**
 - A. No need to follow approved menus
 - B. Standardized recipes for all menu items
 - C. Training for food service staff on safe food handling
 - D. Certification for the food service supervisor as a food manager

6. What must be included in all advertisements for Assisted Living Facilities?

- A. The facility's license number
- B. The term "ALF"
- C. The administrator's certification number
- D. The telephone number for the long term care ombudsman

7. Which service can a resident at an ALF expect to receive?

- A. 24-hour medical supervision
- B. Assistance solely with medication
- C. Help with organizing personal appointments
- D. Assistance with bathing and grooming

8. Menus should be planned based on what criteria?

- A. Preferences of the food service supervisor
- B. For the convenience of providers
- C. Preferences and food habits of residents
- D. Availability of ingredients

9. Which of the following records must document resident information related to a stage 2 pressure sore?

- A. Admission and discharge log
- B. Medication observation record
- C. Resident care plan
- D. Incident report

10. For unlicensed staff, what is an acceptable action when assisting a resident with medication?

- A. Determine medication dosages
- B. Assist residents with daily medication tracking
- C. Prepare items necessary for medication administration
- D. Administer medication at the resident's request

Answers

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

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Explanations

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1. What are the required serving temperatures for hot and cold foods?

- A. 165° or above, 41° or below
- B. 135° or above, 41° or below**
- C. 155° or above, 30° or below
- D. 165° or above, 30° or below

The correct serving temperatures for hot and cold foods are critical in ensuring food safety and preventing foodborne illnesses. For hot foods, maintaining a minimum temperature of 135° Fahrenheit helps ensure that they remain within a safe zone for consumption and reduces the risk of bacteria growth. This temperature is sufficient to keep foods hot without exposing them to the risk of overcooking or drying out. Cold foods, on the other hand, should be kept at a maximum temperature of 41° Fahrenheit. This temperature helps to inhibit the growth of harmful microorganisms. By keeping foods at or below this threshold, facilities can effectively maintain food safety standards and protect the health of residents. The combination of 135° or above for hot foods and 41° or below for cold foods aligns with food safety guidelines and regulations, making it essential for nursing home administrators to apply this knowledge in their operations. Understanding these temperatures contributes to effective food management practices that can significantly impact the well-being of residents.

2. What financial requirement must assisted living facilities fulfill regarding their accounting practices?

- A. Notify residents of financial difficulties
- B. Employ a registered financial planner as chief financial officer
- C. Use a recognized accounting system**
- D. File quarterly financial reports with the state

Assisted living facilities are required to use a recognized accounting system to ensure that financial records are accurately maintained and compliance with regulations is achieved. Utilizing a standardized accounting system helps to provide transparency and accountability in financial practices, which is essential for managing residents' funds and operating budgets effectively. This practice contributes to the overall governance and financial health of the facility, allowing both operators and regulators to assess the economic standing and sustainability of the operation. Maintaining a recognized accounting system ensures that all financial transactions are recorded systematically, enables better tracking of expenses and revenues, and supports the facility in making informed financial decisions. This is critical not only for the legal operation of the facility but also for safeguarding the residents' interests.

3. What should be considered when planning snack availability for residents?

- A. Only resident requests
- B. Health of the residents
- C. Access to kitchen facilities**
- D. Staff availability

When planning snack availability for residents, considering access to kitchen facilities is crucial. Kitchen facilities determine how easily and efficiently snacks can be prepared and served. If the kitchen is adequately equipped and accessible, it allows for a wider variety of snacks to be provided and ensures that they can be prepared safely and hygienically. While resident requests and health considerations are undoubtedly important aspects of snack planning, they hinge on the assumption that the necessary kitchen facilities are available to meet those requests in a health-conscious manner. Similarly, staff availability is significant, but without the right kitchen setup, staff may not be able to fulfill the dietary needs or preferences of the residents effectively. Thus, access to kitchen facilities forms the foundation for providing suitable snacks that cater to both the residents' desires and their health requirements.

4. Operating an unlicensed assisted living facility is classified as what level of felony?

- A. Allowed with three or fewer non-related residents
- B. A second-degree felony
- C. Allowed if an aide license was previously surrendered
- D. A third-degree felony**

Operating an unlicensed assisted living facility is classified as a third-degree felony. This classification is established to address the serious implications of providing care in a facility that does not meet the regulatory standards set forth by licensing bodies. The rationale behind this classification emphasizes the protection of vulnerable individuals, particularly the elderly and those with disabilities, who are often the residents of such facilities. These individuals rely on the safety, care, and services that licensed facilities are mandated to provide. By categorizing the operation of an unlicensed facility as a third-degree felony, the law underscores the importance of adherence to licensing requirements and safeguards against potential neglect or abuse that could arise in an unregulated environment. In comparison, the other choices present scenarios that either do not accurately reflect the legal ramifications or misinterpret the requirements surrounding assisted living facilities. The classifications and conditions mentioned in options related to allowances or previous license status do not align with the legal framework governing assisted living facilities in California.

5. In an assisted living facility licensed for 6 residents, what is a necessary requirement?

- A. No need to follow approved menus
- B. Standardized recipes for all menu items
- C. Training for food service staff on safe food handling**
- D. Certification for the food service supervisor as a food manager

In an assisted living facility licensed for six residents, it is essential to ensure the safety and well-being of the residents, particularly in relation to food service. Training for food service staff on safe food handling is a crucial requirement because it helps prevent foodborne illnesses, which can be particularly dangerous in a care setting where residents may have weakened immune systems or other health issues. Safe food handling training covers important practices such as proper sanitation, cross-contamination prevention, food storage methods, and cooking temperatures. Ensuring that staff are trained in these areas contributes to the overall health and safety of residents by minimizing the risk of contamination and ensuring that food is prepared and served safely. While standardized recipes and approved menus can enhance food consistency and nutritional value, the immediate priority in this context is ensuring that all food service practices minimize health risks. Certification for the food service supervisor is beneficial but may not be a direct requirement for very small facilities or those with a limited scope of service, making safe food handling training the more critical necessity in this scenario.

6. What must be included in all advertisements for Assisted Living Facilities?

- A. The facility's license number
- B. The term "ALF"
- C. The administrator's certification number
- D. The telephone number for the long term care ombudsman

In the context of advertising for Assisted Living Facilities, including the facility's license number is essential for several reasons. The license number serves as an assurance to prospective residents and their families regarding the legitimacy and compliance of the facility with state regulations. It demonstrates that the facility is officially recognized and meets the necessary quality and safety standards mandated by the licensing authority. Legally, advertisements must provide clear and accurate information to help consumers make informed choices about their care options. By including the license number, the facility promotes transparency and trust, allowing potential clients to verify the facility's credentials and standing with regulatory bodies. This requirement aligns with the overarching goal of ensuring public welfare and protecting consumers, especially in an industry where many vulnerable individuals are seeking services. Although other options may seem related to advertising standards, they do not carry the same level of regulatory necessity or emphasis on consumer protection as the inclusion of the license number does.

7. Which service can a resident at an ALF expect to receive?

- A. 24-hour medical supervision
- B. Assistance solely with medication
- C. Help with organizing personal appointments
- D. Assistance with bathing and grooming

In an assisted living facility (ALF), residents typically expect to receive a range of personal care services designed to support their daily living activities while promoting independence. Assistance with bathing and grooming is a fundamental part of those services, as it addresses essential personal hygiene needs that are crucial for residents' health and well-being. This kind of support enables residents to maintain their personal hygiene and dignity, which is vital in any long-term care setting. While services such as help with organizing personal appointments are often available in some form and may be beneficial, they do not constitute the core personal care services associated with assisted living. Similarly, 24-hour medical supervision is more characteristic of skilled nursing facilities rather than ALFs, which focus on daily living assistance rather than continuous medical oversight. Assistance solely with medication does play a role in some cases, but it doesn't encompass the broader range of personal care that includes bathing and grooming, which is essential for many residents in maintaining quality of life.

8. Menus should be planned based on what criteria?

- A. Preferences of the food service supervisor
- B. For the convenience of providers
- C. Preferences and food habits of residents**
- D. Availability of ingredients

Menus in a nursing home should be primarily planned based on the preferences and food habits of residents. This approach is essential because it ensures that the food offered aligns with the dietary needs and tastes of those who will be consuming it. By focusing on residents' preferences, administrators can enhance meal satisfaction, which is crucial for overall well-being and quality of life. Taking into consideration the food habits of the residents also helps to cater to any cultural or religious dietary requirements they may have, ensuring that all individuals feel respected and valued. Additionally, this practice promotes healthier eating by encouraging residents to eat meals that they enjoy and are more likely to consume, thereby improving their nutrition and health outcomes. While other factors, like the availability of ingredients and the convenience for providers, play an important role in menu planning, the primary focus should always remain on the needs and preferences of the residents to create a supportive and positive dining experience.

9. Which of the following records must document resident information related to a stage 2 pressure sore?

- A. Admission and discharge log**
- B. Medication observation record
- C. Resident care plan
- D. Incident report

The correct choice is the resident care plan. This document is essential in nursing home settings as it outlines the comprehensive approach to an individual resident's care, including specific medical conditions, treatment plans, and interventions. When a resident has a stage 2 pressure sore, the care plan must reflect this condition, detailing the strategies for prevention, treatment, and monitoring of the sore, as well as the involvement of various healthcare professionals in the resident's care. The care plan ensures that all staff members are informed about the resident's needs and the necessary actions to address them. By documenting the presence of the pressure sore and its stage, the plan not only prescribes appropriate interventions but also establishes goals for healing and prevents further skin breakdown. The admission and discharge log typically records the details of residents entering and leaving the facility rather than ongoing care specifics. A medication observation record mainly focuses on the administration and monitoring of medications without detailing specific resident care needs like pressure sores. An incident report addresses specific events or occurrences that could result in injury or harm but does not provide ongoing treatment information or care planning related to chronic conditions like pressure sores. Therefore, these documents do not serve the purpose of comprehensively managing and documenting the treatment of stage 2 pressure sores.

10. For unlicensed staff, what is an acceptable action when assisting a resident with medication?

- A. Determine medication dosages
- B. Assist residents with daily medication tracking
- C. Prepare items necessary for medication administration**
- D. Administer medication at the resident's request

When assisting a resident with medication, unlicensed staff can engage in actions that support the medication administration process without violating regulations or scope of practice. Preparing items necessary for medication administration is an acceptable action because it entails organizing and ensuring that the environment is ready for licensed personnel to administer the medication safely. This could involve gathering supplies such as medication cups, water, and any necessary equipment, which is a supportive role that does not take on the responsibility of determining dosages or directly administering the medication. In contrast, determining medication dosages is a responsibility that falls under the purview of licensed professionals, as it requires specific knowledge and training to ensure the patient receives the correct amount. Assisting residents with daily medication tracking may seem supportive; however, it can border on the responsibilities of medication administration, which is reserved for licensed staff. Lastly, administering medication at the resident's request is not acceptable for unlicensed staff because this action requires medical knowledge and responsibility that only licensed personnel should exercise, in order to ensure safety and compliance with legal standards.

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.

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!

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