

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://california-nursinghomeadministrator.examzify.com>



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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. By when must administrators and managers complete core competency requirements?**
 - A. 1 month of becoming an administrator
 - B. 3 months of becoming an administrator
 - C. 6 months of becoming an administrator
 - D. 9 months of becoming an administrator
- 2. For every 20 total combined residents over 95, how many additional staff hours per week are required?**
 - A. 25 additional hours
 - B. 36 additional hours
 - C. 40 additional hours
 - D. 42 additional hours
- 3. Who investigates allegations of abuse, neglect, and exploitation in assisted living facilities?**
 - A. Representatives of the Department of Health
 - B. Long-term care ombudsman program representatives
 - C. Department of Children and Families representatives
 - D. Department of Elder Affairs representatives
- 4. When a resident's medication order changes, what should be done to notify staff?**
 - A. The administrator may change the label
 - B. A brightly colored alert label can be used
 - C. The nurse can change the prescription label
 - D. The medication should be immediately disposed of
- 5. What type of agreements may assisted living facilities need for emergencies?**
 - A. financial agreements with banks
 - B. mutual aid agreements with hospitals
 - C. partnerships with local schools
 - D. agreements with suppliers

- 6. At what temperature must cold foods be maintained?**
- A. 0°
 - B. 35° or below
 - C. 41° or below
 - D. 135° or below
- 7. What guideline must elderly care facilities adhere to in terms of resident dignity?**
- A. Residents can be treated uniformly
 - B. Dignity must be promoted
 - C. Activities must be strictly scheduled
 - D. Individual preferences can be ignored
- 8. Which responsibility pertains to the health department?**
- A. Sanitation inspection
 - B. Investigating complaints of neglect
 - C. Approving comprehensive emergency management plans
 - D. Licensing and monitoring mental health facilities
- 9. What is a required component of admission packages for assisted living facilities that advertise special care for dementia?**
- A. a copy of the ALF's last survey by agency
 - B. a written description of services for persons with Alzheimer's disease if the ALF advertises that it provides special care for dementia
 - C. a statement of the ALF's policy regarding employee performance reviews
 - D. a copy of the ALF administrator's license
- 10. Where should resident funds and property held in safekeeping be maintained?**
- A. in a Florida banking institution
 - B. in any federally regulated banking institution
 - C. co-mingled with ALF's receipts
 - D. in a petty cash box kept on site available to the resident

Answers

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

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Explanations

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1. By when must administrators and managers complete core competency requirements?

- A. 1 month of becoming an administrator
- B. 3 months of becoming an administrator**
- C. 6 months of becoming an administrator
- D. 9 months of becoming an administrator

The core competency requirements for administrators and managers in California nursing homes are essential for ensuring that they possess the necessary skills and knowledge to effectively oversee care and operations. Completing these requirements within three months of becoming an administrator provides a structured timeline that ensures new administrators quickly gain foundational competencies. This prompt timeframe helps to facilitate a smoother transition into their roles, promoting better care standards and compliance upon their entry into the position. In this context, the three-month deadline reflects an emphasis on immediate training and development, which is crucial for the well-being of residents and the performance of the facility. Under the regulations, this requirement is set to ensure that administrators are competent and equipped to uphold the quality of care expected in nursing homes.

2. For every 20 total combined residents over 95, how many additional staff hours per week are required?

- A. 25 additional hours
- B. 36 additional hours
- C. 40 additional hours
- D. 42 additional hours**

For every 20 total combined residents over the age of 95, the requirement increases by 42 additional staff hours per week. This figure is based on established care standards that recognize the higher level of attention and assistance typically required by older residents, especially those who may be frail or have complex health needs. Facilities must accommodate these additional staffing hours to ensure adequate care, which is crucial for maintaining the overall health and well-being of the residents. The additional hours are often allocated to various tasks including personal care, supervision, and assistance with activities of daily living, all of which are vital for the safety and comfort of residents over 95. This requirement reflects the nursing home administrator's responsibilities in managing adequate staffing levels to meet both regulatory standards and the care needs of residents. This framework is essential for ensuring compliance with state regulations and providing high-quality care in nursing facilities.

3. Who investigates allegations of abuse, neglect, and exploitation in assisted living facilities?

- A. Representatives of the Department of Health
- B. Long-term care ombudsman program representatives
- C. Department of Children and Families representatives**
- D. Department of Elder Affairs representatives

The correct answer is rooted in the specific roles and responsibilities assigned to the various agencies involved in the oversight of assisted living facilities and other long-term care settings. In this context, the Department of Children and Families primarily focuses on the welfare of children, dealing with allegations related to child abuse and neglect, rather than adult care facilities such as assisted living centers. In California, the investigation of allegations of abuse, neglect, and exploitation in assisted living facilities is typically the responsibility of representatives from agencies like the Department of Health or the long-term care ombudsman program. These entities are specifically tasked with the protective oversight of elder care and ensuring those in assisted living environments are safe from harm. The long-term care ombudsman program, for instance, serves as an advocate for residents and investigates complaints related to care quality and rights violations. Thus, understanding the roles of the correct agencies is essential in determining the appropriate action for any allegations of mistreatment in these settings.

4. When a resident's medication order changes, what should be done to notify staff?

- A. The administrator may change the label
- B. A brightly colored alert label can be used**
- C. The nurse can change the prescription label
- D. The medication should be immediately disposed of

Using a brightly colored alert label is an effective way to notify staff of a change in a resident's medication order. This method ensures that the change is visibly communicated, drawing immediate attention to the updated information. Brightly colored labels can serve as a clear and recognizable signal, helping to prevent medication errors and ensuring that all staff members are aware of the changes in a timely manner. This approach is crucial in a nursing home setting, where many residents may be taking multiple medications, and changes can often go unnoticed without effective communication strategies. The alert label serves as a quick reference, allowing caregivers to promptly acknowledge the new orders and take the necessary actions. In contrast, while other options might seem practical, they could lead to confusion or potential errors if not properly handled or communicated. For instance, changing a medication label without proper documentation or professional oversight may not comply with regulatory standards or could mislead staff about the current medication status.

5. What type of agreements may assisted living facilities need for emergencies?

- A. financial agreements with banks
- B. mutual aid agreements with hospitals**
- C. partnerships with local schools
- D. agreements with suppliers

Assisted living facilities need mutual aid agreements with hospitals for emergencies to ensure that residents receive immediate medical attention when required. These agreements facilitate a coordinated response between the facility and local healthcare providers, allowing for swift transfers of residents who may need urgent care or specialized medical treatment. Such partnerships are vital in crises, as they can establish protocols for communication and resources, ensuring that the facility is prepared to handle emergencies like natural disasters or health outbreaks. While financial agreements with banks, partnerships with local schools, and agreements with suppliers can be important for different operations within the facility, they do not directly address the critical health and safety needs of residents during emergencies. Hence, mutual aid agreements with hospitals stand out as an essential component of emergency preparedness in assisted living environments.

6. 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.

7. What guideline must elderly care facilities adhere to in terms of resident dignity?

- A. Residents can be treated uniformly
- B. Dignity must be promoted**
- C. Activities must be strictly scheduled
- D. Individual preferences can be ignored

Elderly care facilities must prioritize the promotion of dignity for all residents as a fundamental guideline. This commitment to dignity encompasses respecting each individual's identity, preferences, and rights. Promoting dignity creates an environment where residents feel valued and empowered, which is essential to their overall well-being. Upholding resident dignity involves tailoring care and interactions to affirm residents as individuals rather than treating them as merely part of a mass group. It supports their psychological health and impacts their quality of life positively. Facilities are encouraged to adopt practices that recognize and celebrate the diverse backgrounds, needs, and desires of their residents, ensuring they are seen and treated with respect. The other options do not align with the principles of dignity. Treating residents uniformly fails to acknowledge their unique needs and preferences. Strictly scheduling activities can be detrimental if it does not take into account individual interests and desires. Ignoring individual preferences undermines the fundamental aspect of dignity, which revolves around recognizing each person's individuality and ensuring their voice is heard in the care process.

8. Which responsibility pertains to the health department?

- A. Sanitation inspection**
- B. Investigating complaints of neglect
- C. Approving comprehensive emergency management plans
- D. Licensing and monitoring mental health facilities

The responsibility that pertains to the health department is sanitation inspection. This role is crucial as health departments are primarily concerned with the public health and safety aspects of various facilities, including nursing homes and other care environments. Sanitation inspections aim to ensure that these facilities meet the established standards for cleanliness and hygiene, which are essential for preventing the spread of diseases and ensuring a safe living environment for residents. Sanitation inspections typically involve checking for proper waste disposal, food safety practices, and overall cleanliness of the premises. By maintaining high sanitation standards, health departments play a vital role in safeguarding the health of the community, particularly in places where vulnerable populations reside, such as nursing homes. Investigating complaints of neglect, while important, typically falls under the jurisdiction of other agencies such as adult protective services or ombudsman programs, which specifically focus on the welfare of individuals in care facilities. Approving comprehensive emergency management plans generally involves coordination with several agencies and is not solely a health department function. Licensing and monitoring mental health facilities also involves specific regulatory bodies that focus on mental health services rather than broader public health responsibilities.

9. What is a required component of admission packages for assisted living facilities that advertise special care for dementia?

- A. a copy of the ALF's last survey by agency
- B. a written description of services for persons with Alzheimer's disease if the ALF advertises that it provides special care for dementia**
- C. a statement of the ALF's policy regarding employee performance reviews
- D. a copy of the ALF administrator's license

A written description of services for persons with Alzheimer's disease is essential for admission packages in assisted living facilities that promote special care for dementia. This requirement ensures transparency and provides prospective residents and their families with clear and specific information about the types of services and support the facility offers. It helps families make informed decisions about whether the services align with their loved one's needs. This transparency is particularly critical for conditions like dementia, where care approaches can vary significantly and require a tailored approach. Having such a description in the admission package not only fulfills regulatory requirements but also demonstrates the facility's commitment to providing quality care. It allows for an understanding of the specific methodologies, staff training, and resources allocated to dementia care. Knowledge of these aspects can ease the concerns of families looking to ensure their loved ones will receive appropriate and compassionate assistance, which is paramount in such sensitive situations. Other options, while relevant to the operation of an assisted living facility, do not specifically address the unique needs of residents requiring specialized dementia care, making this component crucial for compliance and best practices in elder care environments.

10. Where should resident funds and property held in safekeeping be maintained?

- A. in a Florida banking institution**
- B. in any federally regulated banking institution
- C. co-mingled with ALF's receipts
- D. in a petty cash box kept on site available to the resident

The appropriate way to maintain resident funds and property held in safekeeping is within a federally regulated banking institution. Keeping these funds in such an institution provides several advantages that ensure safety, compliance, and accessibility. Federally regulated banking institutions are subject to strict oversight and regulations designed to protect depositors. This means that resident funds are kept in a secure environment that minimizes the risks of theft, misuse, or mismanagement. Additionally, these banks typically offer protections such as insurance on deposits (e.g., through the FDIC in the United States), further safeguarding these assets. Maintaining funds in a reputable banking institution also promotes transparency and tracking of financial transactions, which is essential for managing residents' funds responsibly. It helps ensure that the operators of the nursing home can account for all funds accurately, which is crucial in upholding ethical and legal responsibilities toward residents. Keeping funds commingled with the facility's receipts or in a petty cash box on-site can lead to multiple issues, such as loss or misappropriation of funds, lack of oversight, and potential breach of legal obligations regarding residents' finances. Therefore, utilizing a federally regulated banking institution aligns with best practices in financial management within a residential facility.

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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