

# Caregiver Training Assessment (CG 100) Practice Test (Sample)

## Study Guide



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

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

SAMPLE

# 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

SAMPLE

- 1. How many cups are in 360 milliliters?**
  - A. 1 cup**
  - B. 1.5 cups**
  - C. 2 cups**
  - D. 2.5 cups**
  
- 2. A cognitive impairment affects**
  - A. Vision and hearing**
  - B. Appetite and digestion**
  - C. Concentration and memory**
  - D. Balance and movement**
  
- 3. Which of the following is an example of therapeutic communication?**
  - A. Why did you act that way?**
  - B. How did it make you feel when she said that?**
  - C. Because you should be patient.**
  - D. You must stop complaining.**
  
- 4. If abuse is suspected, the caregiver's first action is to**
  - A. Inform supervisor immediately.**
  - B. Discuss with other residents.**
  - C. Ignore the concern.**
  - D. Wait to see if it worsens.**
  
- 5. A resident who is lying in the supine position is lying on which body area?**
  - A. The stomach**
  - B. The side**
  - C. The back**
  - D. The face**

- 6. Which statement about privacy during caregiving is most accurate?**
- A. Privacy is optional in caregiving**
  - B. Privacy must be negotiated with the resident daily**
  - C. Privacy is a legal right but only for medical records**
  - D. Providing for a resident's privacy is a legal right**
- 7. Which blood pressure reading should the caregiver recheck?**
- A. 120/80**
  - B. 130/90**
  - C. 110/70**
  - D. 140/95**
- 8. When should bed sheets be changed due to condition?**
- A. Change them when they are soiled, wrinkled, or damp**
  - B. Change them only weekly**
  - C. Change them when the resident asks**
  - D. Change them twice a day**
- 9. Which of the following is a level of care in assisted living?**
- A. Palliative care**
  - B. Emergency care**
  - C. Rehabilitation care**
  - D. Directed care**
- 10. Sundowning refers to a phenomenon characterized by confusion, restlessness, and agitation that occurs when?**
- A. True**
  - B. Late morning**
  - C. In the late afternoon or evening**
  - D. Only at night**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

### 1. How many cups are in 360 milliliters?

- A. 1 cup
- B. 1.5 cups**
- C. 2 cups
- D. 2.5 cups

Converting between units of volume is the key here. A cup is about 240 milliliters. To find how many cups are in 360 milliliters, divide 360 by 240:  $360 \div 240 = 1.5$ . So 360 milliliters equals about 1.5 cups. If you use the more precise value of 236.6 mL per cup,  $360 \div 236.6 \approx 1.52$ , which still rounds to about 1.5 cups in everyday cooking measurements. This sits exactly halfway between one cup (240 mL) and two cups (480 mL), confirming the answer. The other options would correspond to volumes either smaller or larger than 360 mL.

### 2. A cognitive impairment affects

- A. Vision and hearing
- B. Appetite and digestion
- C. Concentration and memory**
- D. Balance and movement

Cognitive impairment involves changes in mental processes such as thinking, memory, and attention. It most directly affects how someone concentrates and remembers information. That's why this option is the best fit: concentration and memory are at the heart of cognitive functioning. Vision and hearing are sensory input, appetite and digestion are bodily functions, and balance and movement relate to motor control. Those areas can be affected by other health issues, but cognitive impairment centers on mental processes, with memory lapses and difficulties sustaining attention being key signs. For caregivers, notice things like repeating questions, trouble following multi-step instructions, getting lost in familiar places, or missing appointments. Distinguishing these from normal aging helps identify when cognitive tasks are truly impaired.

### 3. Which of the following is an example of therapeutic communication?

- A. Why did you act that way?
- B. How did it make you feel when she said that?**
- C. Because you should be patient.
- D. You must stop complaining.

Therapeutic communication focuses on helping the person express feelings and thoughts in a nonjudgmental, exploratory way. Asking how something made them feel invites reflection and emotion, which fosters rapport, validation, and a sense of being understood. This open-ended approach encourages discussion and self-awareness rather than directing, judging, or dismissing the person. The other options push toward judgment, instruction, or dismissal rather than dialogue. Asking why someone acted a certain way can feel accusatory and may cause defensiveness. Telling someone they should be patient gives a directive rather than inviting their perspective. Telling them to stop complaining dismisses their feelings and shuts down communication.

**4. If abuse is suspected, the caregiver's first action is to**

- A. Inform supervisor immediately.**
- B. Discuss with other residents.**
- C. Ignore the concern.**
- D. Wait to see if it worsens.**

When abuse is suspected, the caregiver should inform a supervisor immediately. This starts the proper reporting process, ensures the concern is documented, and triggers the appropriate safety and investigative steps to protect the resident. It also aligns with legal and ethical duties to report suspected abuse. Discussing with other residents risks breaching confidentiality and won't initiate formal safeguarding actions. Ignoring the concern or waiting to see if it worsens leaves a vulnerable person at risk and can create legal and safety problems for everyone involved.

**5. A resident who is lying in the supine position is lying on which body area?**

- A. The stomach**
- B. The side**
- C. The back**
- D. The face**

Supine means lying on the back with the front of the body facing up. In this position, the surface resting on the bed is the back. That's why the correct area is the back. (Lying on the stomach is prone, lying on the side is side-lying, and lying on the face would imply a face-down orientation rather than supine.)

**6. Which statement about privacy during caregiving is most accurate?**

- A. Privacy is optional in caregiving**
- B. Privacy must be negotiated with the resident daily**
- C. Privacy is a legal right but only for medical records**
- D. Providing for a resident's privacy is a legal right**

Privacy in caregiving is a resident's right and a caregiver responsibility. It means safeguarding personal space during care (knocking before entering, closing doors, draping properly, and offering modesty and dignity in every task) as well as keeping health information confidential. This right is protected by law and workplace policies, so providing privacy isn't optional—it's required. It isn't limited to medical records; it covers all personal information and the resident's physical privacy. It isn't something to negotiate daily; it should be maintained consistently, with only necessary safety-related exceptions handled properly. That's why recognizing privacy as a legal right best fits.

**7. Which blood pressure reading should the caregiver recheck?**

- A. 120/80
- B. 130/90**
- C. 110/70
- D. 140/95

When a blood pressure reading is higher than normal, you recheck to confirm whether it's a real elevation or just a momentary error from technique, cuff fit, or recent activity. The reading that sits above normal but not in a danger zone is the one to recheck first, because it needs verification before labeling someone as hypertensive or taking further action. To recheck, have the person rest briefly and sit with their back supported, feet uncrossed and flat, and the arm supported at heart level. Use a properly sized cuff on the bare upper arm and avoid talking during the measurement. Take one reading, wait a short moment, then take a second reading on the same arm. If the two readings aren't close, take a third and use the average of the last two. If repeated measurements remain higher than normal, advise contacting a healthcare provider for further evaluation.

**8. When should bed sheets be changed due to condition?**

- A. Change them when they are soiled, wrinkled, or damp**
- B. Change them only weekly
- C. Change them when the resident asks
- D. Change them twice a day

Keeping bed sheets clean and dry is essential for hygiene, comfort, and skin health. They should be changed whenever they are soiled, wrinkled, or damp because soil and moisture increase the risk of irritation, odor, and skin breakdown, and wrinkles can rub against the skin and cause discomfort or sores. This condition-based approach ensures cleanliness and dignity and helps prevent infection or irritation. Rigid schedules like weekly changes miss soiling, waiting for the resident to request a change can ignore discomfort or health risks, and changing sheets twice daily is not usually needed unless there's a specific reason like heavy incontinence. So the right approach is to change them when they are soiled, wrinkled, or damp.

**9. Which of the following is a level of care in assisted living?**

- A. Palliative care**
- B. Emergency care**
- C. Rehabilitation care**
- D. Directed care**

In assisted living, levels of care describe how much hands-on help a resident needs day to day. Directed care is the level where staff provide the amount of assistance that the care plan specifies—offering reminders, cues, and supervision to help with tasks while still allowing the resident to maintain as much independence as possible. This makes it the best answer because it is a formal care level used in many assisted living settings. Palliative care, while important, is about comfort and quality of life for serious illness and isn't a standard level of ongoing care in most assisted living communities. Rehabilitation care focuses on restoring function after illness or injury and is typically associated with rehab services, not a general level of care designation. Emergency care isn't a level of care; emergencies are addressed as they occur. For example, a resident who needs reminders to take medications and supervision during activities would be described as receiving directed care.

**10. Sundowning refers to a phenomenon characterized by confusion, restlessness, and agitation that occurs when?**

- A. True**
- B. Late morning**
- C. In the late afternoon or evening**
- D. Only at night**

Sundowning is when confusion, restlessness, and agitation become more noticeable as daylight fades. The key timing is the late afternoon or evening, a period when dimmer light, fatigue from the day, and disrupted circadian rhythms can heighten symptoms in people with dementia. It isn't about morning hours or only at night, though it can continue into the night. Recognizing this timing helps caregivers plan activities and lighting to reduce triggers and soothe the person during that window.

## 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://caregivertrainingassmt.examzify.com>**

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

SAMPLE