

CAREGIVER TRAINING ASSESSMENT (CG 100) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which type of care focuses on the comfort and dignity of the resident rather than on recovery or self-care?**
 - A. Palliative care
 - B. Restorative care
 - C. Curative care
 - D. Preventive care
- 2. How should a caregiver respond if they suspect abuse or neglect of a client?**
 - A. Confront the person accused; delay reporting; ignore safety.
 - B. Document observations objectively; report to a supervisor immediately; follow mandatory reporting laws; ensure the client's safety; and avoid confronting the suspected offender.
 - C. Post allegations on social media; discuss with client.
 - D. Do nothing until the client claims.
- 3. Why should a caregiver never ignore a resident's request?**
 - A. It wastes time.
 - B. It violates policy.
 - C. It damages property.
 - D. Ignoring a request is negligent behavior.
- 4. How should you handle a client with known food allergies during meals?**
 - A. Serve meals as planned regardless of allergies.
 - B. Read menus/labels, avoid allergen ingredients, coordinate with kitchen/supervisor, monitor for reactions, and follow the emergency plan if prescribed.
 - C. Ignore documentation of allergies.
 - D. Assume allergies are resolved and remove only some allergens.
- 5. What term describes areas of the body where bone lies close to the skin?**
 - A. Joints
 - B. Muscles
 - C. Bony prominences
 - D. Tendons

- 6. What are best practices for incontinence management?**
- A. Change promptly, avoid barrier creams, and dispose of items haphazardly.
 - B. Leave soiled items in the room and skip documenting patterns.
 - C. Use harsh cleaners and ignore skin integrity.
 - D. Change promptly, use barrier creams as prescribed, clean gently, dispose of soiled items safely, and maintain skin integrity; provide regular toilet opportunities and document patterns.
- 7. People who live in assisted living facilities are usually called**
- A. Patients
 - B. Residents
 - C. Clients
 - D. Members
- 8. Most of the conditions in assisted living are chronic. This means that**
- A. They heal quickly.
 - B. They require hospitalization.
 - C. The conditions last a long time.
 - D. They are contagious.
- 9. Skin breakdown can present as which color changes?**
- A. Blue Areas
 - B. Reddened Areas
 - C. Pale Areas
 - D. Pale, White, or Reddened Areas
- 10. Cleaning perineal area from back to front is recommended.**
- A. True
 - B. False
 - C. Sometimes
 - D. Only With Consent

Answers

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

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Explanations

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1. Which type of care focuses on the comfort and dignity of the resident rather than on recovery or self-care?

- A. Palliative care**
- B. Restorative care
- C. Curative care
- D. Preventive care

Palliative care centers on comfort, dignity, and quality of life for residents with serious illness, rather than on curing the disease or restoring self-care abilities. It prioritizes relief from pain and symptoms, emotional and spiritual support, and respect for the resident's goals and preferences. This approach can be provided alongside other treatments and is not limited to end-of-life only. In contrast, restorative care aims to regain lost abilities and independence, curative care seeks to eliminate the disease, and preventive care focuses on avoiding illness or complications. Therefore, the option described is palliative care.

2. How should a caregiver respond if they suspect abuse or neglect of a client?

- A. Confront the person accused; delay reporting; ignore safety.
- B. Document observations objectively; report to a supervisor immediately; follow mandatory reporting laws; ensure the client's safety; and avoid confronting the suspected offender.**
- C. Post allegations on social media; discuss with client.
- D. Do nothing until the client claims.

Suspecting abuse or neglect means you must act to protect the client while following the proper reporting process. The best approach is to carefully document what you observe in an objective way—note dates, times, exact descriptions of any injuries or unsafe conditions, and any statements made by the client or others. This creates a clear, factual record. Then report your observations to your supervisor immediately and follow the mandatory reporting laws in your area. Those laws require timely reporting to the appropriate authorities and help ensure the client receives protection and that an appropriate investigation can happen. While you report, focus on the client's safety—take any reasonable steps to reduce immediate risk and ensure the environment is as safe as possible. Confronting the person you suspect is not advised. Direct confrontation can put the client at greater risk, may escalate the situation, and can compromise evidence and investigations. Let authorities and your supervisor manage the next steps. If there is immediate danger, call emergency services right away. Acting quickly to protect the client and following the formal reporting process is how you fulfill your duty as a caregiver.

3. Why should a caregiver never ignore a resident's request?

- A. It wastes time.
- B. It violates policy.
- C. It damages property.
- D. Ignoring a request is negligent behavior.**

Responding to residents' requests is a fundamental part of providing safe, respectful care. When a caregiver ignores a request, it shows a failure to meet the duty to assist, which is a baseline standard of care. This can put residents at real risk—delays in getting help for mobility, pain, bathroom needs, or safety concerns can lead to falls, dehydration, discomfort, or distress. Because of that, ignoring a request is considered negligent behavior: it falls below what competent, compassionate caregiving requires and can have policy and legal implications, while also undermining the resident's trust and sense of security. The other options don't capture why this matters. Treating it as merely a waste of time isn't about safety or duty of care, and while policies may prohibit ignoring requests, the stronger reason is the direct impact on the resident's safety and well-being. Damaging property isn't inherently connected to responding or not responding to a request.

4. How should you handle a client with known food allergies during meals?

- A. Serve meals as planned regardless of allergies.
- B. Read menus/labels, avoid allergen ingredients, coordinate with kitchen/supervisor, monitor for reactions, and follow the emergency plan if prescribed.**
- C. Ignore documentation of allergies.
- D. Assume allergies are resolved and remove only some allergens.

Ensuring safety when serving meals to someone with known food allergies centers on prevention and rapid response. The best approach is to thoroughly read menus and ingredient lists, avoid any items that contain the client's allergen, and coordinate with the kitchen and supervisor to confirm that the meal is safe. This includes considering cross-contact in food preparation and equipment, confirming exact allergy details, and arranging safe substitutions when needed. While the meal is being served, stay vigilant for signs of a reaction and be prepared to follow the prescribed emergency plan, which may involve administering emergency medication and calling for urgent medical help if a reaction occurs. Keeping clear documentation and communicating with the care team ensures everyone knows the allergies and the steps to take. Ignoring documented allergies or assuming they're resolved puts the client at real risk, which is why the preventive-and-responsive approach is essential.

5. What term describes areas of the body where bone lies close to the skin?

- A. Joints
- B. Muscles
- C. Bony prominences**
- D. Tendons

Areas where bone lies close to the skin are called bony prominences. This term describes spots where the bone is near the surface with little soft tissue padding, making them especially vulnerable to pressure injuries when a person sits or lies for long periods. Examples include the heels, sacrum, hips, elbows, spine, and back of the head. Joints are where bones meet; muscles are soft tissue; tendons connect muscle to bone. None of those describe the proximity of bone to the skin, so the best fit is bony prominences.

6. What are best practices for incontinence management?

- A. Change promptly, avoid barrier creams, and dispose of items haphazardly.
- B. Leave soiled items in the room and skip documenting patterns.
- C. Use harsh cleaners and ignore skin integrity.
- D. Change promptly, use barrier creams as prescribed, clean gently, dispose of soiled items safely, and maintain skin integrity; provide regular toilet opportunities and document patterns.**

Best practices for incontinence management focus on protecting skin, promoting hygiene, and supporting a predictable routine. Promptly changing soiled garments or pads minimizes moisture exposure that can irritate and break down the skin. Using barrier creams as prescribed helps create a protective layer against moisture and irritants. Cleaning the skin gently prevents further trauma from rubbing or harsh products, and disposing of soiled items safely reduces odor, infection risk, and clutter. Maintaining skin integrity means regularly inspecting for redness, rashes, or breakdown and addressing them promptly. Providing regular toilet opportunities supports dignity, can reduce accidents, and helps people maintain independence where possible. Documenting patterns of incontinence, occurrences, and responses to interventions guides care planning and communication with the rest of the care team. Choices that suggest leaving soiled items around, skipping documentation, or using harsh cleaners do not protect the skin or promote proper hygiene and monitoring, and thus don't support sustainable, safe incontinence care.

7. People who live in assisted living facilities are usually called

- A. Patients
- B. Residents**
- C. Clients
- D. Members

In assisted living, the people who live there are called residents. This term respects their status as individuals who reside in the community and manage daily life, rather than being defined by illness or treatment. It signals a focus on everyday living, autonomy, and dignity within the living environment. Patients are those receiving medical care, typically in hospitals or clinics, so that term isn't the best fit for a residential setting. Clients is used in some social services contexts but can feel overly transactional in long-term care. Members is not a standard term for people living in an assisted living facility. Therefore, residents is the most appropriate and respectful choice.

8. Most of the conditions in assisted living are chronic. This means that

- A. They heal quickly.
- B. They require hospitalization.
- C. The conditions last a long time.**
- D. They are contagious.

The main idea here is that chronic conditions are long-lasting and require ongoing management rather than a quick fix. In assisted living, residents usually have health needs that persist over time, so care centers on consistent support, daily routines, medication management, and monitoring to keep symptoms stable and prevent complications. That's why the correct understanding is that these conditions last a long time. Healing quickly would describe acute problems that resolve soon, which isn't typical of chronic conditions. Requiring hospitalization isn't a defining feature—many chronic conditions can be managed in assisted living without frequent hospital stays. Contagiousness isn't a defining trait either, since many chronic conditions are non-communicable and not spread from person to person.

9. Skin breakdown can present as which color changes?

- A. Blue Areas
- B. Reddened Areas
- C. Pale Areas
- D. Pale, White, or Reddened Areas**

Color changes signal skin breakdown. When the skin is compromised, different colors reflect different states of blood flow and tissue health. Reddened areas show increased blood flow from inflammation or pressure; pale areas indicate reduced blood flow, suggesting ischemia; white patches can reflect tissue damage or necrosis. Because skin breakdown can present with any of these color changes, a description that includes pale, white, or reddened areas best captures the range of possible presentations. When assessing, observe color in context with temperature, moisture, texture, and any associated pain, and report changes that persist or worsen.

10. Cleaning perineal area from back to front is recommended.

- A. True
- B. False**
- C. Sometimes
- D. Only With Consent

Cleaning the perineal area should be done from front to back to prevent transferring bacteria from the rectal area to the urethra or vagina. Moving in a back-to-front direction can push bacteria toward openings that are susceptible to infection, increasing the risk of urinary tract infections and other issues. Therefore, the statement is not correct. The recommended practice is front to back, especially for women, to minimize contamination and infection risk.

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://caregivertrainingassmt.examzify.com>

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

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