

Community Integrated Living Arrangement (CILA) Rule 115 Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What is the maximum number of individuals with disabilities that can reside in one host family?**
 - A. One**
 - B. Two**
 - C. Three**
 - D. Four**
- 2. Why is ongoing assessment an important responsibility of the PST?**
 - A. To implement industry-wide standards**
 - B. To modify the plan according to individual needs**
 - C. To focus only on financial assessments**
 - D. To reduce service options**
- 3. Which group is allowed to provide services in a host family arrangement?**
 - A. Only immediate family members**
 - B. Relatives or guardians**
 - C. Social workers only**
 - D. Professional agencies only**
- 4. What is the minimum space requirement for a shared bedroom area per individual?**
 - A. 25 to 50 square feet**
 - B. 50 to 100 square feet**
 - C. 100 to 150 square feet**
 - D. 150 to 200 square feet**
- 5. Which of the following assessments is required upon moving into a CILA?**
 - A. Only a psychological assessment**
 - B. A physical examination and psycho-social assessment**
 - C. Just a vision examination**
 - D. Home safety evaluation**

- 6. When can services be terminated after an individual is accepted for them?**
- A. Automatically after a year**
 - B. By voluntary withdrawal of the individual or by recommendation from the interdisciplinary process**
 - C. When the agency decides it is unnecessary**
 - D. After a review meeting every six months**
- 7. How many days must a CILA home notify the Department before operation termination?**
- A. 7 days**
 - B. 30 days**
 - C. 15 days**
 - D. 60 days**
- 8. What is the required water temperature standard for CILA homes?**
- A. It must be maintained below a specified safe level**
 - B. It should be heated to above 100 degrees Fahrenheit**
 - C. It must be constantly monitored**
 - D. It should be kept at room temperature**
- 9. Which of the following describes Host Family Living Arrangement models?**
- A. Only Traditional Care model**
 - B. Only Shared Living model**
 - C. Includes Traditional Care and Shared Living models**
 - D. Models are irrelevant to regulations**
- 10. What is the maximum number of individuals allowed in multiple bedroom occupancy?**
- A. One**
 - B. Two**
 - C. Three**
 - D. Four**

Answers

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

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Explanations

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1. What is the maximum number of individuals with disabilities that can reside in one host family?

- A. One**
- B. Two**
- C. Three**
- D. Four**

The correct answer reflects the guidelines established under the CILA Rule 115, which dictates that a maximum of two individuals with disabilities can live in one host family setting. This limitation is in place to ensure that each individual's needs can be adequately met and that the host family can provide appropriate support within the home environment. By restricting the number to two, the rules aim to promote a higher quality of care, foster meaningful interactions, and enhance the overall living experience for those with disabilities. This structure also helps maintain the spirit of integration within the community, as it allows for individuals to engage more fully with their surroundings while ensuring sufficient support and resources are available at home. The other numbers offered, such as one, three, or four, do not comply with the stipulations set forth in the CILA guidelines, which specifically emphasize the two-person maximum for host family residences.

2. Why is ongoing assessment an important responsibility of the PST?

- A. To implement industry-wide standards**
- B. To modify the plan according to individual needs**
- C. To focus only on financial assessments**
- D. To reduce service options**

Ongoing assessment is crucial for the planning and support team (PST) because it allows for the modification of the plan to meet the individual needs of each person served. Individuals in community integrated living arrangements have unique requirements that may change over time due to various factors such as personal growth, changes in health status, or alterations in personal circumstances. By regularly assessing these factors, the PST can ensure that the support provided remains relevant, effective, and tailored to the individual's current situation. This continuous evaluation process fosters a more adaptable and responsive approach to care, enhancing the quality of support that individuals receive. It ensures that any necessary adjustments can be made promptly to align with the individual's evolving needs, ultimately promoting better outcomes and a higher quality of life.

3. Which group is allowed to provide services in a host family arrangement?

- A. Only immediate family members**
- B. Relatives or guardians**
- C. Social workers only**
- D. Professional agencies only**

The choice that indicates relatives or guardians is correct because, in the context of host family arrangements, individuals who have a personal connection to the person receiving services can play a significant role in providing care and support. This is often seen as beneficial because these individuals may already have an established relationship, understanding, and rapport with the person in need, which can enhance the quality of care. Host family arrangements are designed to be inclusive; thus, allowing relatives or guardians to provide services aligns with the goals of fostering meaningful connections and ensuring that individuals receive personalized care. This also might provide a familiar environment which can lead to improved comfort and emotional well-being for the individual supported in a community integrated living arrangement. In contrast, immediate family members, social workers, and professional agencies have various roles and qualifications that may not necessarily meet the criteria for providing services within the framework of a host family arrangement. Immediate family members may be viewed differently depending on regulations, while social workers and professional agencies have specific functions that do not necessarily involve living arrangements in a family-like setting.

4. What is the minimum space requirement for a shared bedroom area per individual?

- A. 25 to 50 square feet**
- B. 50 to 100 square feet**
- C. 100 to 150 square feet**
- D. 150 to 200 square feet**

The minimum space requirement for a shared bedroom area per individual is established to ensure that residents have adequate personal space and comfort within a communal living environment. The correct choice indicates that each individual in a shared bedroom must have between 50 to 100 square feet. This requirement is designed to promote not only safety and privacy but also the overall well-being of residents. Having this amount of space allows for essential furnishings, such as beds and storage, while also providing room for residents to move comfortably within the space. It acknowledges the need for personal space, which can significantly contribute to the quality of life for individuals living in a shared arrangement. Compliance with this standard is crucial for service providers in maintaining a supportive and healthy living environment for individuals with disabilities. In contrast, the other options detail space requirements that may not align with the established guidelines and could potentially lead to overcrowding or insufficient living conditions, which are contrary to the principles of community integration and person-centered care.

5. Which of the following assessments is required upon moving into a CILA?

A. Only a psychological assessment

B. A physical examination and psycho-social assessment

C. Just a vision examination

D. Home safety evaluation

The requirement for a physical examination and psycho-social assessment upon moving into a Community Integrated Living Arrangement (CILA) is crucial for ensuring that the needs and well-being of the individuals are properly assessed and addressed. This dual assessment provides a comprehensive view of a resident's health and social situation, which is essential for creating an effective support plan tailored to each individual's needs. The physical examination helps identify any medical issues that may need attention or ongoing management, while the psycho-social assessment evaluates the individual's mental health, social interactions, and overall psychological well-being. This holistic approach enables caregivers and service providers to create a living environment that supports the physical, emotional, and social needs of residents, facilitating their integration into the community and promoting their independence. In contrast, other options, like a psychological assessment alone or a vision examination by themselves, do not encompass the broad spectrum of health and social factors needed for a comprehensive understanding of a new resident's situation. Similarly, a home safety evaluation, while important, focuses only on the physical environment and does not address the individual's health and psychosocial needs comprehensively. Thus, it is the combination of both a physical examination and psycho-social assessment that is required to ensure a well-rounded and supportive entry into a CILA.

6. When can services be terminated after an individual is accepted for them?

A. Automatically after a year

B. By voluntary withdrawal of the individual or by recommendation from the interdisciplinary process

C. When the agency decides it is unnecessary

D. After a review meeting every six months

The correct answer is that services can be terminated by voluntary withdrawal of the individual or by recommendation from the interdisciplinary process. This is because individuals have the right to participate actively in decisions about their services, including the choice to withdraw if they feel those services are no longer beneficial to them. Additionally, the interdisciplinary team, made up of professionals collaborating on an individual's care, can assess and recommend the continuation or cessation of services based on the individual's evolving needs and circumstances. The emphasis on both individual choice and expert recommendation reflects a person-centered approach, ensuring that the individual's preferences and well-being are prioritized in service delivery. This aligns with the core principles of respect and empowerment within the CILA framework, where individuals are treated as active participants in their care. In contrast, terminating services automatically after a year does not account for individual circumstances or needs that may change over time, and deciding to terminate services solely based on an agency's discretion disregards the individual's rights. Similarly, conducting a review meeting every six months could fail to address urgent needs or changes in circumstances unless combined with an individual's input and assessment from the interdisciplinary team.

7. How many days must a CILA home notify the Department before operation termination?

- A. 7 days**
- B. 30 days**
- C. 15 days**
- D. 60 days**

The requirement for a CILA home to notify the Department before terminating operation is set at 30 days. This notice period is crucial as it allows the Department sufficient time to make arrangements for the residents affected by the operation's closure. It assures that there is minimal disruption to the services provided to individuals living in the CILA setting. This timeframe also allows the Department to ensure appropriate follow-up actions, such as arranging alternative placements or services for residents who may need continued support. By establishing a clear protocol for notification, the rule promotes stability for residents and compliance with regulatory standards, ensuring that the transition is handled with care and attention to the needs of all involved.

8. What is the required water temperature standard for CILA homes?

- A. It must be maintained below a specified safe level**
- B. It should be heated to above 100 degrees Fahrenheit**
- C. It must be constantly monitored**
- D. It should be kept at room temperature**

The requirement that the water temperature in CILA homes must be maintained below a specified safe level is crucial for ensuring the safety and well-being of the residents. High water temperatures pose a significant risk of burns, especially for individuals who may have sensitivities or impaired sensory perceptions. Maintaining a safe level prevents accidents and promotes a safe living environment, aligning with the overall goal of providing care and support in a community-integrated setting. This standard highlights the importance of safety protocols within CILA homes, acknowledging the vulnerabilities of residents who may have varying degrees of physical and cognitive abilities. By focusing on keeping the water temperature regulated below a specified threshold, CILA operators can create a risk-free environment that protects residents from potential harm.

9. Which of the following describes Host Family Living Arrangement models?

- A. Only Traditional Care model**
- B. Only Shared Living model**
- C. Includes Traditional Care and Shared Living models**
- D. Models are irrelevant to regulations**

The Host Family Living Arrangement models encompass both the Traditional Care model and the Shared Living model, making the third option the most accurate choice. In this context, the Traditional Care model typically involves a family providing consistent care and support to individuals with disabilities within their home environment, fostering a sense of belonging and stability. The Shared Living model, on the other hand, promotes a more integrated living situation where the individual with a disability shares a home with a family or individuals who support them, allowing for a more communal and engaging lifestyle. By including both models, the Host Family Living Arrangement effectively addresses the diverse needs and preferences of individuals requiring support while living in a family-like environment. This approach not only adheres to best practices in the care and inclusion of individuals with disabilities but also aligns with regulatory expectations that promote person-centered care and community integration. Other options mention only one of the models or dismiss the relevance of models to regulations, failing to provide a comprehensive understanding of the Host Family Living Arrangement framework.

10. What is the maximum number of individuals allowed in multiple bedroom occupancy?

- A. One**
- B. Two**
- C. Three**
- D. Four**

The maximum number of individuals allowed in multiple bedroom occupancy as per CILA Rule 115 is two. This regulation is put in place to ensure that residents have appropriate living arrangements that provide enough space, privacy, and comfort for each individual. This standard helps in promoting healthy living conditions and support for the varied needs of individuals with disabilities, as well as enabling them to have a more personalized living environment. By limiting occupancy to two people, it allows for better supervision, more effective support staff presence, and maintains a home-like atmosphere that is essential for the residents' well-being. The other options do not adhere to the stipulations outlined in the rule, which emphasizes the necessity of maintaining a balance between community integration and individual needs.