

# Holistic Caring for Older Adults 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>16</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. Why is delirium screening important in hospitalized older adults?**
  - A. Early detection prevents complications and improves outcomes**
  - B. It replaces other cognitive tests**
  - C. It is unnecessary if the patient seems alert**
  - D. It only predicts mortality**
  
- 2. Which sensory organs facilitate communication with the environment?**
  - A. Vision, Hearing, Taste**
  - B. Senses including sight, hearing, taste, smell, and touch**
  - C. Eyes and ears only**
  - D. Taste and smell only**
  
- 3. Aging is associated with a decline in what overall aspect of function?**
  - A. Increase in overall function of the individual**
  - B. No change in overall function**
  - C. Slight improvement in function**
  - D. Decrease in overall function of the individual**
  
- 4. Capillary exchange rate changes with age due to aging. Which statement is accurate?**
  - A. Increase the exchange process**
  - B. Slow the exchange process**
  - C. No change**
  - D. Stop exchange entirely**
  
- 5. What strategies support communication with older adults who have hearing loss?**
  - A. Face the person, speak clearly, minimize background noise, use assistive devices, and confirm understanding.**
  - B. Speak softly from a distance.**
  - C. Use complex medical jargon.**
  - D. Ignore ambient noise.**

- 6. What does IADLs stand for?**
- A. Activities of daily living**
  - B. Independent daily living**
  - C. Instrumental activities of daily living**
  - D. Independent activities of daily living**
- 7. Which statement best describes aging-related changes in muscles?**
- A. Muscle wasting**
  - B. Muscle hypertrophy**
  - C. Increased strength**
  - D. No change in muscle function**
- 8. How does sleep architecture change with aging, and what nonpharmacologic approach can help?**
- A. Increased REM sleep; taking naps mid-day.**
  - B. Reduced slow-wave sleep and more awakenings; regular schedule and daytime activity help.**
  - C. No change in sleep; sleep more at night.**
  - D. More deep sleep; avoid daytime activity.**
- 9. Aging is associated with greater rigidity in which component of the circulatory system?**
- A. Not specified**
  - B. False**
  - C. Only in certain arteries**
  - D. True**
- 10. What are essential elements of a home safety plan for a mobility-limited older adult?**
- A. Fall prevention, accessible pathways, adequate lighting, emergency contacts, medication safety.**
  - B. Only fall prevention.**
  - C. Only lighting.**
  - D. Only emergency contacts.**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. Why is delirium screening important in hospitalized older adults?

- A. Early detection prevents complications and improves outcomes**
- B. It replaces other cognitive tests**
- C. It is unnecessary if the patient seems alert**
- D. It only predicts mortality**

Delirium screening matters because early detection helps prevent complications and improve outcomes. In hospitalized older adults, delirium is common and often goes unrecognized; it's an acute, fluctuating change in attention and cognition caused by multiple possible factors such as infection, dehydration, medication effects, metabolic imbalances, or environmental stressors. By screening early, clinicians can rapidly identify delirium and investigate reversible causes, adjust medications, and optimize hydration, nutrition, pain control, sleep, and orientation. With prompt identification, care teams can implement targeted, nonpharmacologic strategies to reduce delirium duration and severity, promote safer mobility, and involve family for reorientation and monitoring. This proactive approach tends to shorten hospital stays, lower the risk of falls and functional decline, and improve the chances of a smooth recovery after discharge, rather than waiting for symptoms to become more obvious or relying on later assessments. Screening is not a replacement for broader cognitive evaluation; delirium screening is specifically about catching acute, fluctuating changes that may be reversible. Even a patient who seems alert at a moment can have delirium lurking in the background, which is why routine screening is valuable. It's also not accurate to say it only predicts mortality; while delirium is linked to higher mortality, the broader benefits include preventing complications and supporting overall recovery.

## 2. Which sensory organs facilitate communication with the environment?

- A. Vision, Hearing, Taste**
- B. Senses including sight, hearing, taste, smell, and touch**
- C. Eyes and ears only**
- D. Taste and smell only**

The main idea is that sensing the environment relies on all five senses, each with its own organ, to gather information about the surrounding world. Vision uses the eyes to detect light and shapes; hearing uses the ears to pick up sound; taste uses taste buds on the tongue to sense chemical flavors; smell uses the nose to detect odors; and touch involves the skin and other receptors to sense pressure, temperature, and texture. Together, these senses provide a comprehensive understanding of the environment, which is why including sight, hearing, taste, smell, and touch is the best description. Focusing on only one or two senses misses important environmental cues provided by the others.

**3. Aging is associated with a decline in what overall aspect of function?**

**A. Increase in overall function of the individual**

**B. No change in overall function**

**C. Slight improvement in function**

**D. Decrease in overall function of the individual**

Aging most often leads to a decline in overall functional status, meaning the ability to perform everyday tasks and maintain independence tends to wane over time. This decline reflects reduced physiological reserve across multiple body systems—muscle strength and mass (sarcopenia), joint flexibility, balance, cardiovascular and pulmonary capacity, and sometimes cognitive function. These changes make daily activities (like bathing, dressing, cooking, managing medications) harder and can reduce independence. While some individuals may maintain or even improve function through regular exercise, good nutrition, and chronic disease management, those scenarios are not the typical aging pattern. Options suggesting no change or an increase do not align with the general trajectory of aging, where a gradual decrease in functional capability is common.

**4. Capillary exchange rate changes with age due to aging. Which statement is accurate?**

**A. Increase the exchange process**

**B. Slow the exchange process**

**C. No change**

**D. Stop exchange entirely**

Aging affects the tiny blood vessels that feed tissues. Capillary exchange relies on enough capillary surface area and short diffusion distances to move oxygen, nutrients, and wastes between blood and tissues. With age, capillary density can decrease and the basement membrane around capillaries can thicken, which increases diffusion distance and reduces perfusion. Endothelial function often declines, further limiting arterial dilation and blood flow. All of this means the exchange process happens more slowly in older adults. It doesn't stop entirely, nor does it speed up; it simply slows with aging.

**5. What strategies support communication with older adults who have hearing loss?**

- A. Face the person, speak clearly, minimize background noise, use assistive devices, and confirm understanding.**
- B. Speak softly from a distance.**
- C. Use complex medical jargon.**
- D. Ignore ambient noise.**

The main idea is using practical, patient-centered strategies to make communication with someone who has hearing loss clearer and safer. Face the person so they can read your lips and observe facial expressions, speak clearly at a moderate pace rather than softly or too quickly, and minimize background noise to reduce competing sounds. Using assistive devices, when available, boosts the clarity of the message. After sharing information, check that they understood by asking them to repeat or summarize what was said. This combination supports accurate understanding and safety. Speaking softly from a distance makes words hard to hear and increases misunderstanding. Using complex medical jargon can overwhelm and confuse. Ignoring ambient noise neglects the environment that can obstruct hearing.

**6. What does IADLs stand for?**

- A. Activities of daily living**
- B. Independent daily living**
- C. Instrumental activities of daily living**
- D. Independent activities of daily living**

IADLs stand for Instrumental Activities of Daily Living – the tasks that enable someone to live independently but require more planning, judgment, and organization than basic self-care. These are the morning-to-evening activities that hang together to support independent living, such as managing medications, handling finances, shopping, meal preparation, transportation or driving, housekeeping, laundry, and using the telephone. Understanding this distinction helps care providers assess an older adult's functional status and what level of support is needed. The term described by Instrumental activities of daily living is the one that best fits IADLs. The basic self-care tasks—bathing, dressing, eating, toileting, transferring—are called Activities of Daily Living, which is a separate category. The other phrasings listed aren't standard terms in this context.

**7. Which statement best describes aging-related changes in muscles?**

- A. Muscle wasting**
- B. Muscle hypertrophy**
- C. Increased strength**
- D. No change in muscle function**

Aging commonly leads to sarcopenia, a progressive loss of skeletal muscle mass and function. The statement muscle wasting best describes aging-related changes because, over time, there is a reduction in total muscle fibers and motor units, along with changes in muscle quality and composition that include increased fat infiltration and reduced anabolic capacity. This combination results in decreased strength and slower movement, which can impact daily activities and independence. While regular resistance training can help mitigate these effects, the typical aging process without such stimulus shows a decline in muscle mass and function. The other options don't fit because hypertrophy means growing muscle, which is not a standard aging change; increased strength is also not characteristic of aging; and no change in muscle function ignores the common decline seen with age.

**8. How does sleep architecture change with aging, and what nonpharmacologic approach can help?**

- A. Increased REM sleep; taking naps mid-day.**
- B. Reduced slow-wave sleep and more awakenings; regular schedule and daytime activity help.**
- C. No change in sleep; sleep more at night.**
- D. More deep sleep; avoid daytime activity.**

Sleep architecture shifts with aging, with a clear decrease in deep, slow-wave sleep and more awakenings during the night. This makes older adults' sleep lighter and more fragmented, so they often wake briefly or wake earlier and have more trouble staying asleep. A nonpharmacologic approach that helps addresses this pattern by supporting the body's internal clock and sleep-wake balance. Keeping a regular schedule for going to bed and waking up, plus staying active during the day (ideally with daytime light exposure), reinforces circadian cues and improves sleep consolidation. The consistent routine helps reduce unnecessary nighttime awakenings and makes nighttime sleep more restorative by preserving the portion of sleep that remains, especially the lighter, more restorative phases, while daytime activity supports alertness and better sleep pressure at night. The other options don't fit the typical aging pattern: one suggests increased REM sleep and mid-day naps, which doesn't counteract the common loss of deep sleep and increased awakenings; another claims no change in sleep, which isn't accurate for most older adults; and another proposes more deep sleep, which is the opposite of what aging usually shows.

**9. Aging is associated with greater rigidity in which component of the circulatory system?**

- A. Not specified**
- B. False**
- C. Only in certain arteries**
- D. True**

Aging and arterial stiffness go hand in hand. The part of the circulatory system that becomes stiffer with age is the arteries, especially the large elastic arteries like the aorta. Structural changes in the vessel walls—loss of elastin, increased collagen, smooth muscle changes, and calcification—reduce arterial compliance. As a result, arteries don't stretch as well to dampen the heartbeat, so systolic blood pressure tends to rise and pulse pressure widens. This arterial stiffening also diminishes the aorta's buffering effect on the heart's pumping, increasing workload on the heart over time. So, aging is associated with greater rigidity in arteries, making the statement true.

**10. What are essential elements of a home safety plan for a mobility-limited older adult?**

- A. Fall prevention, accessible pathways, adequate lighting, emergency contacts, medication safety.**
- B. Only fall prevention.**
- C. Only lighting.**
- D. Only emergency contacts.**

A comprehensive home safety plan for a mobility-limited older adult must address multiple risk areas to truly reduce falls and enable quick help. The elements included—fall prevention strategies, accessible pathways, adequate lighting, emergency contacts, and medication safety—work together to cover the main ways hazards can arise at home and times when help is needed. Fall prevention reduces injury risk by removing tripping hazards and adding supports like grab bars and non-slip surfaces. Accessible pathways keep corridors clear, doors wide enough, and thresholds minimal so mobility aids can be used safely. Adequate lighting improves visibility, especially on stairs and in low-contrast areas, and helps prevent missteps. Emergency contacts ensure someone can be reached quickly if help is needed or if the person cannot call for themselves. Medication safety minimizes dizziness, confusion, or interactions that could impair balance or judgment. Taken together, these elements create a safer home environment and a reliable support plan, rather than relying on any single measure alone.

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

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

SAMPLE