

HOLISTIC CARING FOR OLDER ADULTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What does holism mean in the context of elder care?**
 - A. Whole or to heal
 - B. Fragmented care
 - C. Only physical health
 - D. Disease-centered approach
- 2. Thinking that one older adult is just like another is an expression of which concept?**
 - A. Gender bias
 - B. Ageism
 - C. Individual differences
 - D. Stereotyping
- 3. Which statement is NOT mentioned as an aging change in the cardiovascular system?**
 - A. Increased cardiac muscle strength
 - B. Heart valves thicken and become rigid
 - C. Arteries become less elastic
 - D. Capillary walls thicken and exchange slows
- 4. In decision-making capacity assessment, which component is NOT part of the standard framework?**
 - A. Understanding information.
 - B. Appreciation of consequences.
 - C. Ability to express a choice.
 - D. Emotional state alone determines capacity.
- 5. Which statement is true about demographics of aging according to the material?**
 - A. More people are older than age 65
 - B. The elderly population is shrinking
 - C. Most older adults live in long-term care facilities
 - D. There are no older adults in the workforce

- 6. What change in bladder capacity is commonly seen with aging?**
- A. Increased capacity
 - B. Unchanged capacity
 - C. Decreased capacity
 - D. Variable capacity
- 7. Which vaccines are particularly important for older adults?**
- A. Influenza annually, pneumococcal vaccine, and herpes zoster (shingles) vaccination.
 - B. Hepatitis A and B vaccines only.
 - C. Only influenza vaccine.
 - D. HPV vaccine.
- 8. Which statement describes lung elastic recoil in aging?**
- A. It decreases
 - B. It increases
 - C. It remains the same
 - D. It fluctuates unpredictably
- 9. What are the basic physical activity guidelines for older adults to maintain health?**
- A. 60 minutes of high-intensity training every day.
 - B. At least 150 minutes of moderate-intensity aerobic activity weekly plus 2 days of strength training.
 - C. Avoid aerobic activity; focus on stretching only.
 - D. Only light walking for 10 minutes per week.
- 10. Which of the following is listed as a functional change affecting the eyes?**
- A. Irritation and infection of the eyes
 - B. Improved tear production
 - C. Increased accommodation
 - D. Enhanced night vision

Answers

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

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Explanations

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1. What does holism mean in the context of elder care?

- A. Whole or to heal
- B. Fragmented care
- C. Only physical health
- D. Disease-centered approach

Holism in elder care means treating the person as an integrated whole, not just addressing a single illness or symptom. It involves considering physical, cognitive, emotional, social, spiritual, and environmental factors and how they influence each other in daily life. Care plans focus on overall well-being, safety, independence, comfort, and quality of life, including nutrition, sleep, pain, mental health, relationships, and personal goals. This broad, person-centered approach captures healing as supporting the whole person, not just curing a disease. Why this fits best: it emphasizes caring for the entire person and their lived experience, which is the essence of holism. Fragmented care describes disjointed, poorly coordinated services, which misses the interconnected approach holism requires. Focusing only on physical health narrows the view, ignoring mood, cognition, social needs, and daily functioning. A disease-centered approach prioritizes medical problems over the person's overall well-being and goals.

2. Thinking that one older adult is just like another is an expression of which concept?

- A. Gender bias
- B. Ageism
- C. Individual differences
- D. Stereotyping

This showcases ageism—the bias or prejudice toward people because of their age. When you think one older adult is just like another, you're assuming all individuals in the aging group share the same traits and needs, ignoring their unique experiences and differences. That kind of generalization devalues individuals and can guide unfair attitudes or decisions about their care and capabilities. It's distinct from recognizing individual differences, which accepts variation among people, and from stereotyping, which is about applying a fixed belief to a group. In this case, the mindset is ageist because it treats aging as a uniform category rather than a range of diverse individuals.

3. Which statement is NOT mentioned as an aging change in the cardiovascular system?

- A. Increased cardiac muscle strength
- B. Heart valves thicken and become rigid
- C. Arteries become less elastic
- D. Capillary walls thicken and exchange slows

Age-related changes in the cardiovascular system tend to involve stiffening and thickening of structures rather than an increase in pumping strength. As people age, arteries lose elasticity (arteriosclerosis), making the vessels less able to expand with each heartbeat. The heart valves often thicken and become more rigid due to calcification, which can affect how well they open and close. Capillary walls can also thicken and exchange across them can slow, impacting tissue perfusion. In contrast, increased cardiac muscle strength is not a typical aging change; aging generally reduces maximal heart rate and cardiac reserve, and performance can decline rather than improve. So the statement about stronger heart muscle does not fit the expected aging pattern.

4. In decision-making capacity assessment, which component is NOT part of the standard framework?

- A. Understanding information.
- B. Appreciation of consequences.
- C. Ability to express a choice.
- D. Emotional state alone determines capacity.**

Decision-making capacity is assessed by four core abilities: understanding the information, appreciating the potential consequences, reasoning about the options, and expressing a choice. Emotional state by itself does not determine capacity; mood or distress can influence performance but are not the actual criteria used to judge capacity. Capacity is also decision-specific, so someone may have capacity for some decisions and not for others, depending on whether they can understand, appreciate, reason, and communicate for that particular decision.

5. Which statement is true about demographics of aging according to the material?

- A. More people are older than age 65**
- B. The elderly population is shrinking
- C. Most older adults live in long-term care facilities
- D. There are no older adults in the workforce

Demographic aging is driven by longer life expectancy and the aging of large birth cohorts, so more people are living past 65 than in the past. This makes the statement that more people are older than age 65 true. The elderly population is not shrinking overall; in many places it's actually growing or aging, which is the opposite of that option. Most older adults do not live in long-term care facilities; many live in their own homes or in community settings. And there are older adults who remain in the workforce, whether full-time or part-time.

6. What change in bladder capacity is commonly seen with aging?

- A. Increased capacity
- B. Unchanged capacity
- C. Decreased capacity**
- D. Variable capacity

As people age, the bladder becomes less able to stretch and hold urine. The detrusor muscle can lose some of its elasticity, and the bladder may signal the need to void at a lower volume. This leads to a decrease in functional bladder capacity. Because the bladder holds less urine, older adults typically experience more frequent urination and often nocturia. While unrelated factors can alter capacity, the common aging pattern is a decrease rather than an increase or unchanged capacity.

7. Which vaccines are particularly important for older adults?

- A. Influenza annually, pneumococcal vaccine, and herpes zoster (shingles) vaccination.**
- B. Hepatitis A and B vaccines only.
- C. Only influenza vaccine.
- D. HPV vaccine.

Protecting older adults from infections that cause the most serious illness is the focus. Influenza vaccination every year helps prevent severe flu that can lead to hospitalization or death in older people, since immune protection wanes and flu strains change annually. The pneumococcal vaccine reduces the risk of pneumonia, bloodstream infections, and meningitis, which older adults are more likely to develop and suffer from. The herpes zoster (shingles) vaccine lowers the chance of getting shingles and the painful postherpetic neuralgia that older adults are at higher risk for. Vaccines for hepatitis A and B are important for people with specific risk factors, but they aren't universally prioritized for all older adults. The HPV vaccine is targeted more toward younger populations before exposure to the virus, so it's not a primary concern for most older adults. Together, the influenza, pneumococcal, and herpes zoster vaccines address the illnesses older adults are most at risk for and most likely to impact health and independence.

8. Which statement describes lung elastic recoil in aging?

- A. It decreases**
- B. It increases
- C. It remains the same
- D. It fluctuates unpredictably

Elastic recoil is the lung's tendency to snap back to its resting size after inhalation, driven by elastic fibers in the lung tissue. As people age, structural changes occur in the lung parenchyma—loss or fragmentation of elastic fibers and subtle remodeling of alveolar walls—so the lungs don't spring back as forcefully. This makes the lungs more compliant overall, meaning they expand more easily but don't recoil quickly during expiration. The practical effect of reduced elastic recoil is slower, less efficient exhalation and more air remaining in the lungs after a breath (increased residual volume and potential air trapping). Chest wall changes with age can add breathing difficulty, but the core change in the lungs themselves is a decline in elastic recoil.

9. What are the basic physical activity guidelines for older adults to maintain health?

- A. 60 minutes of high-intensity training every day.
- B. At least 150 minutes of moderate-intensity aerobic activity weekly plus 2 days of strength training.**
- C. Avoid aerobic activity; focus on stretching only.
- D. Only light walking for 10 minutes per week.

Regular activity guidelines for older adults emphasize pairing cardio with strength work to support heart health, mobility, and independence. The recommended target is about 150 minutes of moderate-intensity aerobic activity each week, along with strength training on two or more days to work all the major muscle groups. Moderate intensity means you're active enough to raise your heart rate and breathe a bit harder, but still able to carry on a conversation. Examples include brisk walking, cycling on level ground, or water aerobics, while strength training can use free weights, resistance bands, or body-weight exercises. This combination provides cardiovascular benefits while preserving muscle mass and bone strength, which is especially important with aging. It's also common to add balance and flexibility work, but the core guidelines focus on the 150 minutes of aerobic activity plus two days of strength training. The other options exceed or fall short of these guidelines. High-intensity training every day can be unsafe for many older adults and isn't required to maintain health. Focusing only on stretching neglects cardio benefits, and 10 minutes per week of light walking doesn't meet the minimum activity level needed to support health.

10. Which of the following is listed as a functional change affecting the eyes?

- A. Irritation and infection of the eyes**
- B. Improved tear production
- C. Increased accommodation
- D. Enhanced night vision

Aging commonly affects the eyes by reducing protective tear production, which leads to irritation and infections. When tear production declines, the eye surface becomes drier and more irritated, creating an environment where microbes can cause infections more easily. The other options describe changes that are not typical with aging: tear production does not improve, accommodation (the ability to focus on near objects) generally decreases with age, and night vision usually diminishes rather than improves.

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://holisticcaringforolderadults.examzify.com>

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

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