

# New Jersey Certified Assisted Living Administrator (CALA) Practice Exam (Sample)

## Study Guide



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

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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 must happen if pain is identified in a patient?**
  - A. A Pain Treatment Plan must be developed**
  - B. Patients should always be sedated**
  - C. They should be referred to a specialist immediately**
  - D. Staff must document it without action**
  
- 2. What must assisted living residences provide to meet residents' nutritional needs?**
  - A. Daily snacks only**
  - B. Meals delivered from off-site**
  - C. Dining services directly in the facility**
  - D. Meal vouchers for restaurants**
  
- 3. What aspect of assisted living services is a shared responsibility between residents and providers?**
  - A. Cleaning schedules**
  - B. Meal preparation**
  - C. Planning and decision making**
  - D. Decorating common areas**
  
- 4. What is the required minimum age to apply for a CALA license?**
  - A. 18 years**
  - B. 21 years**
  - C. 25 years**
  - D. 30 years**
  
- 5. For how long is an assisted living administrator certification valid from the date of issue?**
  - A. 1 year**
  - B. 2 years**
  - C. 3 years**
  - D. 5 years**

**6. What is a common emotional response to loss and disappointment?**

- A. Anxiety**
- B. Depression**
- C. Anger**
- D. Denial**

**7. Which of the following actions would result in a debit on the financial statements?**

- A. Paying off a loan**
- B. Purchasing equipment**
- C. Receiving payment from a client**
- D. Collecting a debt**

**8. What type of agreement is designed to balance flexibility and responsibility in care settings?**

- A. Standard Care Agreement**
- B. Managed Risk Agreement**
- C. Patient Care Agreement**
- D. Short-term Care Agreement**

**9. How often should a health service plan be revisited for adjustment if necessary?**

- A. At the end of treatment**
- B. Annually**
- C. As needed**
- D. Every six months**

**10. Which disease requires universal precautions due to its transmission risks?**

- A. Hepatitis B**
- B. COVID-19**
- C. HIV**
- D. Flu**

## **Answers**

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

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## **Explanations**

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## 1. What must happen if pain is identified in a patient?

- A. A Pain Treatment Plan must be developed**
- B. Patients should always be sedated**
- C. They should be referred to a specialist immediately**
- D. Staff must document it without action**

When pain is identified in a patient, a Pain Treatment Plan must be developed as it is essential for providing comprehensive care. This plan serves as a structured approach to assess and manage the patient's pain effectively, ensuring that it is addressed in a manner tailored to the individual's needs. Developing a treatment plan involves evaluating the source and intensity of the pain, considering the patient's medical history, and selecting appropriate interventions. Moreover, creating a pain management plan promotes better communication among healthcare team members, facilitates ongoing assessment, and leads to improved patient outcomes. Pain management is a critical aspect of patient care and involves not just prescribing medications but also incorporating non-pharmacological approaches, education, and follow-up care. Other options do not effectively address the need for a systematic approach to managing pain. For example, while referring to a specialist may be appropriate in certain cases, immediate referral is not always necessary or practical. Similarly, sedating patients without addressing the underlying pain is not considered a best practice, as it does not resolve the issue. Documentation is important, but it should accompany action to ensure pain management is effectively implemented. Developing a Pain Treatment Plan is thus the most appropriate course of action following the identification of pain in a patient.

## 2. What must assisted living residences provide to meet residents' nutritional needs?

- A. Daily snacks only**
- B. Meals delivered from off-site**
- C. Dining services directly in the facility**
- D. Meal vouchers for restaurants**

Assisted living residences are required to provide dining services directly within the facility to adequately meet the nutritional needs of their residents. This means that they must offer meals prepared on-site, ensuring that residents have access to nutritious food in a convenient and familiar environment. Providing dining services directly in the facility allows for better control over meal quality, temperature, and hygiene, and also accommodates individual dietary restrictions and preferences that may be specific to each resident. This setup fosters a community atmosphere, where residents can socialize during meal times, which is an important aspect of the overall well-being of seniors. The other options do not fully meet the needs of residents. For example, daily snacks alone would not suffice as a primary source of nutrition, while meals delivered from off-site could lead to inconsistencies in quality and may not accommodate specific dietary needs. Meal vouchers for restaurants do not offer the necessary direct oversight and management of food services that are essential in ensuring residents' health and nutritional standards within a formal care setting.

**3. What aspect of assisted living services is a shared responsibility between residents and providers?**

- A. Cleaning schedules**
- B. Meal preparation**
- C. Planning and decision making**
- D. Decorating common areas**

Planning and decision making is a critical aspect of assisted living services that involves collaboration between residents and providers. In an assisted living environment, residents typically have unique preferences, needs, and desires regarding their care and living arrangements. Engaging them in the planning process promotes autonomy and respect for their individual choices. When residents participate in decision making, it fosters a sense of ownership over their care plans and living conditions, leading to improved satisfaction and overall well-being. Providers, meanwhile, benefit from residents' input, as it allows them to tailor services to better meet the specific needs of the residents, enhancing quality of life and promoting a person-centered approach to care. Effective collaboration also builds trust between residents and providers, making it easier to address any concerns or changes in care requirements as they arise. This partnership in planning and decision-making is vital for ensuring that the services offered align with the residents' goals and lifestyles.

**4. What is the required minimum age to apply for a CALA license?**

- A. 18 years**
- B. 21 years**
- C. 25 years**
- D. 30 years**

The correct minimum age to apply for a Certified Assisted Living Administrator (CALA) license in New Jersey is 21 years. This requirement ensures that applicants have reached a level of maturity and life experience deemed necessary for the responsibilities involved in managing assisted living facilities. Reaching the age of 21 often signifies that an individual has completed a significant part of their education and potentially gained some level of work experience, both of which are important in developing the necessary skills to effectively oversee the care of vulnerable populations. In addition, licensing boards often set age minimums to ensure that administrators possess a deeper understanding of the ethical, legal, and practical aspects of healthcare administration. The age requirement is primarily established to ensure that individuals in such critical roles can demonstrate a responsible and mature approach to the challenges they will face, which is a vital aspect of maintaining high standards in assisted living environments.

**5. For how long is an assisted living administrator certification valid from the date of issue?**

- A. 1 year**
- B. 2 years**
- C. 3 years**
- D. 5 years**

The validity of an assisted living administrator certification for three years aligns with the regulatory framework established for the profession. This period ensures that administrators maintain current knowledge and skills, which is crucial in a field that is constantly evolving due to changes in regulations, best practices, and innovations in elder care. Continuing education and professional development are often required during this time to keep the certification active. This three-year cycle typically includes opportunities for administrators to engage in updated training, attend workshops, or participate in conferences that bolster their competencies. By requiring renewal every three years, the certification process promotes a higher standard of care for residents in assisted living facilities, ensuring that administrators are equipped to address contemporary challenges in the aging population and their specific needs.

**6. What is a common emotional response to loss and disappointment?**

- A. Anxiety**
- B. Depression**
- C. Anger**
- D. Denial**

Depression is a common emotional response to loss and disappointment as it involves feelings of deep sadness, hopelessness, and a sense of emptiness that often accompany such experiences. When individuals face significant losses, such as the death of a loved one, the end of a relationship, or unmet expectations, they may find it difficult to cope, leading to feelings of despair and withdrawal from social interactions. This emotional state can manifest in various ways, including changes in appetite, sleep disturbances, and difficulty concentrating. While anxiety, anger, and denial can also be reactions to loss and disappointment, depression is particularly characterized by a prolonged and pervasive sense of grief. Recognizing these emotional responses is crucial for those in caregiving and supportive roles, as it allows for appropriate intervention and support for individuals navigating their feelings during challenging times. It helps professionals create an environment that promotes healing and resilience in the face of adversity.

**7. Which of the following actions would result in a debit on the financial statements?**

- A. Paying off a loan**
- B. Purchasing equipment**
- C. Receiving payment from a client**
- D. Collecting a debt**

Purchasing equipment results in a debit on the financial statements because it represents an increase in assets for the organization. When equipment is acquired, the cost of that equipment is recorded as an asset on the balance sheet, which reflects the value that the organization holds. This entry increases the asset account associated with the equipment, indicating that the company has invested in tangible goods that will contribute to its operations and overall value. In accounting, a debit usually signifies an increase in asset accounts, while paying off a loan or collecting debts would typically result in a decrease in liabilities or an increase in cash, affecting credit entries instead. Receiving payment from a client would also be a credit entry to increase cash or accounts receivable. Thus, the action of purchasing equipment is distinct in that it directly increases the assets and is correctly accounted for with a debit.

**8. What type of agreement is designed to balance flexibility and responsibility in care settings?**

- A. Standard Care Agreement**
- B. Managed Risk Agreement**
- C. Patient Care Agreement**
- D. Short-term Care Agreement**

The Managed Risk Agreement is designed specifically to balance flexibility and responsibility in care settings. This type of agreement acknowledges that while individuals may seek autonomy and a degree of control over their care decisions, it is also critical to ensure that they are informed about the potential risks involved in those choices. In the context of assisted living and healthcare, these agreements often allow residents to participate actively in their care plans while also ensuring that providers can maintain standards of safety and quality. This collaborative approach not only empowers residents but also holds both parties accountable. It is particularly useful in situations where residents may want to decline certain services or therapies, as it formally addresses the implications of those decisions while still adhering to regulatory and ethical guidelines. The other types of agreements listed do not encompass this dual focus effectively. For instance, a Standard Care Agreement typically outlines the expected services without the flexibility for residents to modify their care choices based on their preferences. A Patient Care Agreement may focus on the obligations of the provider, but does not necessarily emphasize the balance of risk-taking and responsibility. Lastly, a Short-term Care Agreement generally pertains to temporary arrangements and does not address the ongoing negotiation of care responsibilities and flexibility that the Managed Risk Agreement encompasses.

**9. How often should a health service plan be revisited for adjustment if necessary?**

- A. At the end of treatment**
- B. Annually**
- C. As needed**
- D. Every six months**

The correct approach is to revisit a health service plan as needed. This means that the plan should be flexible and adaptable, allowing for adjustments whenever there are changes in the resident's health status, needs, or preferences. Conditions can change frequently, and being responsive to these changes ensures that the health service plan remains relevant and effective in meeting the individual's requirements. Regular assessments and updates to the plan can lead to better health outcomes and enhance the overall quality of care. It recognizes that each resident's situation is unique and may not fit a standard review schedule, thus promoting personalized care. While specific intervals like annually, every six months, or at the end of treatment can be important in certain contexts, the emphasis on adjustment as needed underscores the importance of a dynamic and resident-centered approach in health service planning. This responsiveness is essential in assisted living environments where residents often have varying and fluctuating health needs.

**10. Which disease requires universal precautions due to its transmission risks?**

- A. Hepatitis B**
- B. COVID-19**
- C. HIV**
- D. Flu**

HIV requires universal precautions due to its transmission risks, as it is a bloodborne pathogen that can be transmitted through direct contact with infected bodily fluids, such as blood, semen, vaginal fluids, and breast milk. Universal precautions are a set of guidelines designed to prevent the spread of infections in healthcare settings by treating all blood and certain body fluids as if they are contaminated with transmissible infectious agents. By using universal precautions, healthcare workers can minimize the risk of exposure to HIV and protect themselves and patients from potential infection during medical procedures, handling of instruments, or any situation where exposure to blood or body fluids may occur. In a nursing or assisted living environment, understanding the necessity of these precautions is essential for safeguarding both patients and staff against HIV and similar pathogens.

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

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

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