

NEW JERSEY CERTIFIED ASSISTED LIVING ADMINISTRATOR (CALA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 is the minimum square footage of community spaces for dining and recreation provided per resident in an assisted living facility?**
 - A. 20 square feet
 - B. 30 square feet
 - C. 40 square feet
 - D. 50 square feet
- 2. What describes services ordered by a physician and provided to residents of assisted living facilities?**
 - A. Health Care Service
 - B. Supportive Care
 - C. Nursing Service
 - D. Routine Care
- 3. Which type of medication forms can be dispensed in a non unit-of-use medication distribution system?**
 - A. Prescription medications only
 - B. OTC (Over the Counter) medications only
 - C. Both OTC and Prescription medications
 - D. Only controlled substances
- 4. What do financial statements typically summarize?**
 - A. Marketing strategies and sales data
 - B. Employee performance evaluations
 - C. An organization's financial data
 - D. Product inventory levels
- 5. How many CPR/AED trained personnel are required to be present on-site in an assisted living facility?**
 - A. Two
 - B. Three
 - C. One
 - D. Four

- 6. Which of the following medications require an assessment by an RN at least once every 7 days?**
- A. Non-narcotic pain relievers
 - B. Prescription herbal supplements
 - C. PRN Schedule II narcotic analgesics
 - D. Daily vitamin supplements
- 7. What does the term "aging" refer to in a biological sense?**
- A. A temporary state of ill health
 - B. A decline in physiological capacities over time
 - C. A reversible state of health
 - D. Improvement in bodily functions over time
- 8. Which concept may limit facility staff and restrict resident choice based on assessed risks?**
- A. Free Choice
 - B. Bounded Choice
 - C. Unlimited Independence
 - D. Restricted Autonomy
- 9. What must the facility develop for handling emergencies, according to regulations?**
- A. Written emergency plans, policies, and procedures
 - B. Only verbal instructions for staff
 - C. No specific requirements for emergency handling
 - D. Only procedures for medical emergencies
- 10. Medicines are required to be stored only in which of the following areas?**
- A. Common Rooms
 - B. Medication Storage Area
 - C. Resident Bedrooms
 - D. Dining Areas

Answers

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

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Explanations

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1. What is the minimum square footage of community spaces for dining and recreation provided per resident in an assisted living facility?

- A. 20 square feet
- B. 30 square feet**
- C. 40 square feet
- D. 50 square feet

The correct answer is based on the regulations governing assisted living facilities, which set specific guidelines for the provision of community spaces. In New Jersey, the requirement of a minimum of 30 square feet of community space per resident for dining and recreation purposes ensures that there is adequate room for social interaction, resident activities, and mealtimes, fostering a community atmosphere that is essential in assisted living settings. This space allocation is vital for maintaining the residents' quality of life, allowing them to engage with one another and participate in organized activities, which are important aspects of holistic care approaches in these environments. Having 30 square feet ensures that each resident has enough space to enjoy these activities without feeling cramped, promoting a sense of well-being and community.

2. What describes services ordered by a physician and provided to residents of assisted living facilities?

- A. Health Care Service**
- B. Supportive Care
- C. Nursing Service
- D. Routine Care

Health care services are specifically designed to meet the medical needs of residents in assisted living facilities. These services are typically ordered by a physician and can encompass a wide range of medical interventions, including diagnostics, treatment plans, and ongoing care. The involvement of a physician signifies that these services are part of a structured medical approach aimed at ensuring the health and well-being of the residents. By designating these services as health care, it denotes that they are not merely supportive or routine activities, but rather important medical services that require professional training and expertise. This distinction emphasizes that the nature of these services involves clinical assessments and interventions that are crucial for residents who may have complex health care needs. Supportive care, nursing service, and routine care may all be components of the broader umbrella of health care services, but they do not capture the specific nature of physician-ordered care that is integral to managing the health of residents in assisted living settings. Supportive care generally refers more to assistance with daily activities, nursing services involve direct nursing care rather than the broader medical oversight, and routine care means regular, often non-medical, attention that does not necessarily involve physician direction.

3. Which type of medication forms can be dispensed in a non unit-of-use medication distribution system?

- A. Prescription medications only
- B. OTC (Over the Counter) medications only
- C. Both OTC and Prescription medications**
- D. Only controlled substances

The correct answer reflects the fact that a non unit-of-use medication distribution system allows for both over-the-counter (OTC) and prescription medications to be dispensed. This type of system is designed to provide a more flexible approach to medication management, accommodating the diverse needs of residents in an assisted living environment. In a non unit-of-use system, medications are not packaged in individual doses for each resident; instead, bulk quantities of medications are kept on site. This facilitates easier access for staff when administering medications to multiple residents and allows them to provide a wider range of therapeutic options. Both types of medications can be stored and dispensed in this manner because the system is typically managed by trained personnel who ensure the medications are administered safely and according to specific protocols. This flexibility can be particularly beneficial for dealing with common ailments among residents, where OTC medications are frequently used alongside prescribed treatments. The other options are too restrictive since they limit the medication forms to just one category—either prescription medications or OTC medications—ignoring the fact that assisted living facilities often require a combination of both for optimal resident care. Limiting it only to controlled substances would also exclude a significant portion of medications that residents may need, thereby not providing comprehensive care.

4. What do financial statements typically summarize?

- A. Marketing strategies and sales data
- B. Employee performance evaluations
- C. An organization's financial data**
- D. Product inventory levels

Financial statements typically summarize an organization's financial data, providing a comprehensive overview of its financial health and performance over a specific period. These documents, which include the balance sheet, income statement, and cash flow statement, serve as critical tools for stakeholders such as management, investors, and regulatory agencies. They help in assessing the organization's profitability, liquidity, and overall financial stability. By consolidating various financial activities, these statements enable informed decision-making regarding budgeting, investments, and operational strategies. Understanding the financial position and performance of an organization is vital for effective management and planning.

5. How many CPR/AED trained personnel are required to be present on-site in an assisted living facility?

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

In an assisted living facility, it is essential to ensure the safety and well-being of residents by having personnel who are trained in critical emergency procedures like CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) usage. The requirement for having one CPR/AED trained individual on-site reflects the principle of providing immediate response capabilities during medical emergencies. Having at least one trained person ensures that there is a qualified individual ready to act quickly if a resident experiences a cardiac event or other life-threatening situations. While having more trained staff can enhance the facility's level of preparedness, the fundamental requirement is to ensure that there is at least one person capable of performing CPR and operating an AED. The focus on having one trained staff member provides a balance between compliance with safety protocols and the practical considerations of staffing in an assisted living environment, where resources may be limited. This requirement ensures that basic life-saving measures can be initiated without delay, thereby increasing the chances of survival and minimizing potential complications from medical emergencies.

6. Which of the following medications require an assessment by an RN at least once every 7 days?

- A. Non-narcotic pain relievers
- B. Prescription herbal supplements
- C. PRN Schedule II narcotic analgesics**
- D. Daily vitamin supplements

The requirement for an assessment by a Registered Nurse (RN) at least once every seven days is specifically tied to medications that have a higher potential for abuse or significant clinical consequences, which includes PRN Schedule II narcotic analgesics. These medications are classified as controlled substances due to their potential for addiction and dependency, necessitating careful monitoring. In the context of assisted living, regular assessments by an RN ensure that residents are safely using these potent medications. The assessment provides a structure for evaluating the effectiveness of the pain management regimen, identifying any side effects, and making necessary adjustments to dosage or medication. This level of oversight is crucial for safeguarding resident health and ensuring the appropriate use of potent narcotics. While other options may require oversight, they do not necessitate the same level of consistent RN assessment due to their lower risk profiles or lesser potential for harm or misuse. Non-narcotic pain relievers, prescription herbal supplements, and daily vitamin supplements typically have established safety guidelines that do not require the same frequency of RN evaluations as Schedule II narcotics.

7. What does the term "aging" refer to in a biological sense?

- A. A temporary state of ill health
- B. A decline in physiological capacities over time**
- C. A reversible state of health
- D. Improvement in bodily functions over time

The term "aging" in a biological context refers to a decline in physiological capacities over time. This process encompasses various physical and biological changes that occur as an organism grows older, leading to reduced functionality in various systems of the body. Aging can involve deterioration of cellular structures, a decrease in the regenerative ability of tissues, and an increased susceptibility to diseases and health conditions. This concept serves as a foundational understanding in fields such as gerontology and health care, particularly in setting up care protocols and services for older adults. Recognizing aging as a progressive decline in physiological capacities helps administrators and caregivers to effectively plan and offer supportive services tailored to the needs of aging populations. The other options present contrasting ideas that do not align with the established biological perspective of aging. For instance, characterizing aging as a temporary state of ill health or a reversible state implies that the process of aging can be halted or reversed, which is not supported by current scientific understanding. Additionally, suggesting that aging leads to an improvement in bodily functions is contrary to the observable reality that aging typically results in diminished physiological performance and health.

8. Which concept may limit facility staff and restrict resident choice based on assessed risks?

- A. Free Choice
- B. Bounded Choice**
- C. Unlimited Independence
- D. Restricted Autonomy

Bounded Choice is a concept that refers to creating a framework within which residents can make decisions, but those options are limited based on assessments of risk. In assisted living facilities, safety and well-being are vital, and so staff may need to intervene and set boundaries for residents' choices. This ensures that while residents have some autonomy, their choices are guided by a consideration of their health, safety, and the potential risks associated with certain behaviors or situations. For example, a resident might want to participate in an activity that poses a physical risk due to their health conditions. In this case, the staff would evaluate the risk and offer limited, safer alternatives, exemplifying the idea of bounded choice. This approach balances the autonomy of residents with the facility's responsibility to ensure their safety and support their needs appropriately.

9. What must the facility develop for handling emergencies, according to regulations?

- A. Written emergency plans, policies, and procedures**
- B. Only verbal instructions for staff
- C. No specific requirements for emergency handling
- D. Only procedures for medical emergencies

Facilities are required to develop written emergency plans, policies, and procedures to ensure the safety and well-being of residents in the event of an emergency. Having these written documents is crucial as they provide clear guidance on how to respond to various types of emergencies, such as natural disasters, fire, or medical crises. This structured approach not only helps staff members understand their responsibilities but also ensures a coordinated response, which is vital for minimizing risks and protecting vulnerable populations. Written emergency plans enhance communication among staff, aid in staff training, and help meet regulatory compliance. They serve as a reference that can be easily revisited, particularly in stressful situations when quick decisions are necessary. Additionally, thorough documentation helps demonstrate that the facility is proactive in safeguarding resident safety and is prepared to handle emergencies effectively. In contrast, relying solely on verbal instructions for staff lacks the clarity and consistency that written plans provide. Not having specific requirements for emergency handling can jeopardize residents' safety and might lead to confusion during critical moments. Furthermore, focusing only on medical emergencies neglects the need to prepare for a wide range of potential crises that could affect the facility and its residents.

10. Medicines are required to be stored only in which of the following areas?

- A. Common Rooms
- B. Medication Storage Area**
- C. Resident Bedrooms
- D. Dining Areas

The correct choice, which identifies that medicines must be stored in a designated medication storage area, is fundamental for maintaining safety and compliance within assisted living facilities. This specific area is equipped to securely and appropriately house medications, ensuring that they are protected from unauthorized access, environmental factors, and potential contamination. This storage area typically includes features such as locked cabinets, suitable temperature control, and organized shelving to facilitate proper inventory management and accessibility for authorized personnel. Storing medications in a dedicated space helps to ensure that they are managed responsibly, reducing the risk of medication errors or misuse. The other choices do not provide the necessary controlled environment or security measures required for medication storage. Common rooms and dining areas are often accessible to residents and visitors and do not provide the same level of safety and security. Resident bedrooms may be personal spaces but are not designed as secure medical storage areas, and medications could easily be lost or mishandled there. Thus, the requirement for a specific medication storage area is essential for the proper management of medications in assisted living settings.

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://njassistedlivingadmin.examzify.com>

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

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