

Nursing Care of Older Adults Exam 1 Practice (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. Which is a common challenge faced by caregivers of older adults with multiple health issues?**
 - A. Finding time for self-care**
 - B. Understanding medical terminology**
 - C. Maintaining a budget**
 - D. Providing transportation**

- 2. In the Stages of Change model, what stage is a 69-year-old client exhibiting when considering quitting smoking?**
 - A. Precontemplation**
 - B. Contemplation**
 - C. Preparation**
 - D. Action**

- 3. Which intervention best incorporates residents' connectedness to society in a long-term care setting?**
 - A. Regular exercise programs**
 - B. Arranging regular visits by children to the facility**
 - C. Providing social media access**
 - D. Offering educational classes**

- 4. A nurse speaks at a staff development in-service. Which statement by a nurse participant shows the need for education?**
 - A. "I believe that all diseases can affect anyone equally."**
 - B. "It is inaccurate to link the prevalence of particular diseases with particular minority groups."**
 - C. "Cultural competence is essential in nursing practice."**
 - D. "Education plays a crucial role in healthcare equality."**

- 5. Which factor is most important in determining the emotional well-being of older adults?**
 - A. Physical activity levels**
 - B. Social support networks**
 - C. Access to healthcare**
 - D. Diet and nutrition**

- 6. Which technique is correct for transferring an older adult from bed to wheelchair?**
- A. Lift without assistance**
 - B. Use a gait belt and lock wheelchair brakes**
 - C. Only use verbal instructions**
 - D. Transfer without checking surroundings**
- 7. What is an essential aspect of functional assessments performed by nurses in nursing homes?**
- A. The nurse will focus solely on initial assessments.**
 - B. The nurse will identify changes in the older adult's function over time.**
 - C. The nurse uses a one-size-fits-all approach to care.**
 - D. The nurse does not modify the assessment based on patient history.**
- 8. A nurse overhears a colleague suggesting that lapses in memory are part of aging. What phenomenon does this represent?**
- A. Ageism**
 - B. Age attribution**
 - C. Aging stereotypes**
 - D. Cognitive decline misconceptions**
- 9. What is the primary impact of elder abuse on older adults?**
- A. Improved mental health**
 - B. Increased vulnerability and risk of health decline**
 - C. Strengthened family bonds**
 - D. Enhanced decision-making capabilities**
- 10. Which community member is most likely to live at or below the poverty line?**
- A. An 83-year-old single woman**
 - B. A married couple aged over 75**
 - C. A 60-year-old man with no children**
 - D. A retired professional over 70**

Answers

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

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Explanations

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1. Which is a common challenge faced by caregivers of older adults with multiple health issues?

- A. Finding time for self-care**
- B. Understanding medical terminology**
- C. Maintaining a budget**
- D. Providing transportation**

Finding time for self-care is a significant challenge faced by caregivers of older adults with multiple health issues. Caregivers often prioritize the needs of the person they are caring for, which can lead to neglecting their own health and well-being. This can result in physical and emotional strain, as caregivers might experience increased stress and burnout. Without adequate self-care, caregivers may struggle to maintain the energy and mental clarity needed to provide effective support. It is essential for caregivers to recognize the importance of their own needs in order to sustain their ability to care for others effectively. While the other options present challenges that caregivers may also encounter—such as navigating medical terminology, managing finances, or providing transportation—the issue of self-care encompasses physical, emotional, and mental health, making it a critical aspect of the caregiver experience. Prioritizing self-care can lead to improved overall health outcomes for both the caregiver and the older adult receiving care.

2. In the Stages of Change model, what stage is a 69-year-old client exhibiting when considering quitting smoking?

- A. Precontemplation**
- B. Contemplation**
- C. Preparation**
- D. Action**

The correct choice reflects the Contemplation stage in the Stages of Change model, which is characterized by an individual actively thinking about changing a behavior but not yet ready to take definitive action. In this scenario, the 69-year-old client is considering quitting smoking, indicating that they are aware of the need for change and are reflecting on the pros and cons of their smoking behavior. This stage often involves weighing the benefits of quitting against the challenges and fears associated with making that change. Those in the Precontemplation stage may not even be considering quitting and might be unaware of the need for change, while individuals in the Preparation stage are ready to take steps toward change, such as making plans or gathering resources to support quitting. The Action stage involves actively making changes to the behavior, such as stopping smoking, which is not applicable here as the client is still in the contemplation phase. Recognizing the specific stage is crucial for tailoring interventions that can support the client's journey toward quitting smoking.

3. Which intervention best incorporates residents' connectedness to society in a long-term care setting?

- A. Regular exercise programs
- B. Arranging regular visits by children to the facility**
- C. Providing social media access
- D. Offering educational classes

The choice of arranging regular visits by children to the facility is particularly effective in fostering residents' connectedness to society. This intervention promotes intergenerational relationships, reinforcing emotional bonds that can diminish the feelings of isolation often experienced by older adults in long-term care settings. Such visits can invigorate the residents' social lives and provide them with meaningful interactions that link them to the community. Engagement with children can stimulate joy, enhance mood, and provide valuable opportunities for storytelling and sharing life experiences, which are essential for maintaining a sense of identity and belonging. This interaction not only benefits the residents but also enriches the children's understanding of aging and the value of caring for others, fostering a sense of community and connection across generations. While regular exercise programs, social media access, and educational classes may provide valuable activities, they do not specifically target the aspect of relational connectedness to society in the same way regular visits by children do. Exercise can improve physical health, social media access can offer virtual connection, and educational classes can stimulate intellectual engagement, but these don't inherently provide the personal, emotional connection that visits from children do.

4. A nurse speaks at a staff development in-service. Which statement by a nurse participant shows the need for education?

- A. "I believe that all diseases can affect anyone equally."
- B. "It is inaccurate to link the prevalence of particular diseases with particular minority groups."**
- C. "Cultural competence is essential in nursing practice."
- D. "Education plays a crucial role in healthcare equality."

The statement indicating that it is inaccurate to link the prevalence of particular diseases with particular minority groups reflects a misunderstanding of how certain health disparities can exist due to genetic, environmental, socio-economic, and cultural factors. In healthcare, it is essential to recognize that different populations can be at varying risk levels for certain diseases. This can arise from a variety of factors, including genetics, lifestyle, access to care, and social determinants of health. When a nurse expresses the belief that there are no correlations between specific diseases and certain minority groups, this indicates a lack of awareness of how these factors contribute to health outcomes. Understanding these connections is vital for providing effective, individualized care to patients and developing appropriate health interventions aimed at specific populations. Therefore, education in this area would enhance the nurse's knowledge on addressing health disparities and improving overall healthcare outcomes. Through education, healthcare professionals can better advocate for their patients and contribute to initiatives aimed at reducing these disparities.

5. Which factor is most important in determining the emotional well-being of older adults?

- A. Physical activity levels**
- B. Social support networks**
- C. Access to healthcare**
- D. Diet and nutrition**

The factor that is most important in determining the emotional well-being of older adults is social support networks. This is because social support provides a sense of belonging, connection, and security among older adults, which significantly impacts their emotional health. Strong social connections can help reduce feelings of loneliness and isolation, promote a sense of purpose, and improve overall mental health. Research has shown that older adults who maintain active relationships with family, friends, and community members tend to experience higher levels of happiness and lower levels of depression and anxiety. Social support can also serve as a buffer against stress, enhancing resilience during challenging times. While aspects such as physical activity, access to healthcare, and diet and nutrition are important for holistic health and can influence emotional well-being, they do not provide the same level of direct impact on emotional health as social connections do. Therefore, the prominence of social support systems makes it the most crucial factor for emotional well-being in older adults.

6. Which technique is correct for transferring an older adult from bed to wheelchair?

- A. Lift without assistance**
- B. Use a gait belt and lock wheelchair brakes**
- C. Only use verbal instructions**
- D. Transfer without checking surroundings**

Using a gait belt and ensuring the wheelchair brakes are locked is the safest and most effective technique for transferring an older adult from bed to wheelchair. The gait belt provides a secure hold for the caregiver, allowing for better control and support, which is especially important given that older adults may have limited mobility or strength. This technique helps to prevent falls and ensures that the individual is safely guided during the transfer. Locking the wheelchair brakes is equally crucial as it stabilizes the wheelchair, preventing it from moving unexpectedly during the transfer. Combining these actions minimizes the risk of injury for both the older adult and the caregiver, fosters a sense of security for the patient, and supports a smoother transfer process. In contrast, lifting without assistance can lead to injury for both the caregiver and the older adult, especially if the individual has limited strength, balance issues, or is unable to cooperate fully. Relying solely on verbal instructions does not provide physical support and may not be sufficient for individuals who may be confused or unable to follow verbal cues effectively. Transferring without checking the surroundings could result in accidents, as there might be obstacles or hazards that could lead to falls or injuries during the transfer process.

7. What is an essential aspect of functional assessments performed by nurses in nursing homes?
- A. The nurse will focus solely on initial assessments.
 - B. The nurse will identify changes in the older adult's function over time.**
 - C. The nurse uses a one-size-fits-all approach to care.
 - D. The nurse does not modify the assessment based on patient history.

Identifying changes in the older adult's function over time is crucial in functional assessments performed by nurses in nursing homes because it allows for the monitoring of any progression or improvement in the individual's abilities. This ongoing evaluation enables nurses to understand how a resident is adapting to their environment, respond to transitions in health status, and tailor care plans accordingly. Regular assessments can highlight the effectiveness of current interventions and inform necessary adjustments to improve the quality of life for older adults. Functional assessments are dynamic rather than static processes, and capturing changes over time helps healthcare providers deliver personalized care that meets the evolving needs of elderly residents. Recognizing a patient's functional status is not a one-time event; it requires continual observation and reevaluation to address any new challenges they may face. In contrast, focusing solely on initial assessments does not provide the comprehensive view required for effective care; a one-size-fits-all approach overlooks individual patient needs; and not modifying the assessment based on patient history could lead to a failure to recognize persistent or emerging health issues, ultimately impacting the quality of care delivered.

8. A nurse overhears a colleague suggesting that lapses in memory are part of aging. What phenomenon does this represent?
- A. Ageism
 - B. Age attribution**
 - C. Aging stereotypes
 - D. Cognitive decline misconceptions

The concept referred to in the statement involves the tendency to attribute certain characteristics or behaviors to age without recognizing the nuances and variations that exist among older adults. Age attribution specifically addresses how we ascribe specific traits or capabilities, such as memory lapses, directly to aging itself, often overlooking other contributing factors like health status, stress, or environmental influences. While ageism refers to discrimination based on a person's age and aging stereotypes are oversimplified generalizations about older adults, age attribution focuses on the specific act of connecting cognitive decline or memory issues directly to aging, rather than understanding these as part of a complex interplay of factors. Cognitive decline misconceptions would suggest misunderstandings about the cognitive abilities of older adults, but age attribution pinpoints the tendency to attribute specific behavioral changes directly to age.

9. What is the primary impact of elder abuse on older adults?

- A. Improved mental health**
- B. Increased vulnerability and risk of health decline**
- C. Strengthened family bonds**
- D. Enhanced decision-making capabilities**

Elder abuse significantly increases the vulnerability of older adults, leading to a heightened risk of physical and mental health decline. Victims of elder abuse may face a variety of detrimental outcomes including physical injuries, psychological trauma, social withdrawal, and an overall decline in quality of life. The stress associated with being abused can exacerbate pre-existing medical conditions, lead to new health issues, and can even contribute to a faster deterioration in cognitive function. The profound impact of abuse can create a cycle of neglect and decline, making it crucial for caregivers and health professionals to recognize and address these issues promptly to protect older adults. In contrast, options that suggest improved mental health, strengthened family bonds, or enhanced decision-making capabilities do not reflect the realities of elder abuse. Instead, these outcomes are generally associated with supportive and nurturing environments, which are the antithesis of what abuse entails.

10. Which community member is most likely to live at or below the poverty line?

- A. An 83-year-old single woman**
- B. A married couple aged over 75**
- C. A 60-year-old man with no children**
- D. A retired professional over 70**

An 83-year-old single woman is the most likely to live at or below the poverty line due to several socio-economic factors that disproportionately affect older women. Women generally have lower lifetime earnings compared to men, often due to wage disparities, caregiving responsibilities that lead to time out of the workforce, and longer life expectancies, which can leave them with limited financial resources in old age. Single elderly women often rely on fixed incomes such as Social Security, which may not be sufficient to cover living costs, especially if they have limited savings or pensions. The risk of social isolation also increases with age, which can affect their ability to access social services or support systems that might help alleviate financial strains. In contrast, a married couple aged over 75 may have combined resources and social support to buffer against poverty. Similarly, a 60-year-old man with no children might have employment potential and the ability to plan for his financial future, while a retired professional over 70 is more likely to have accumulated savings and benefits throughout their career, increasing their financial stability.

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://nursingofolderadults.examzify.com>

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

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