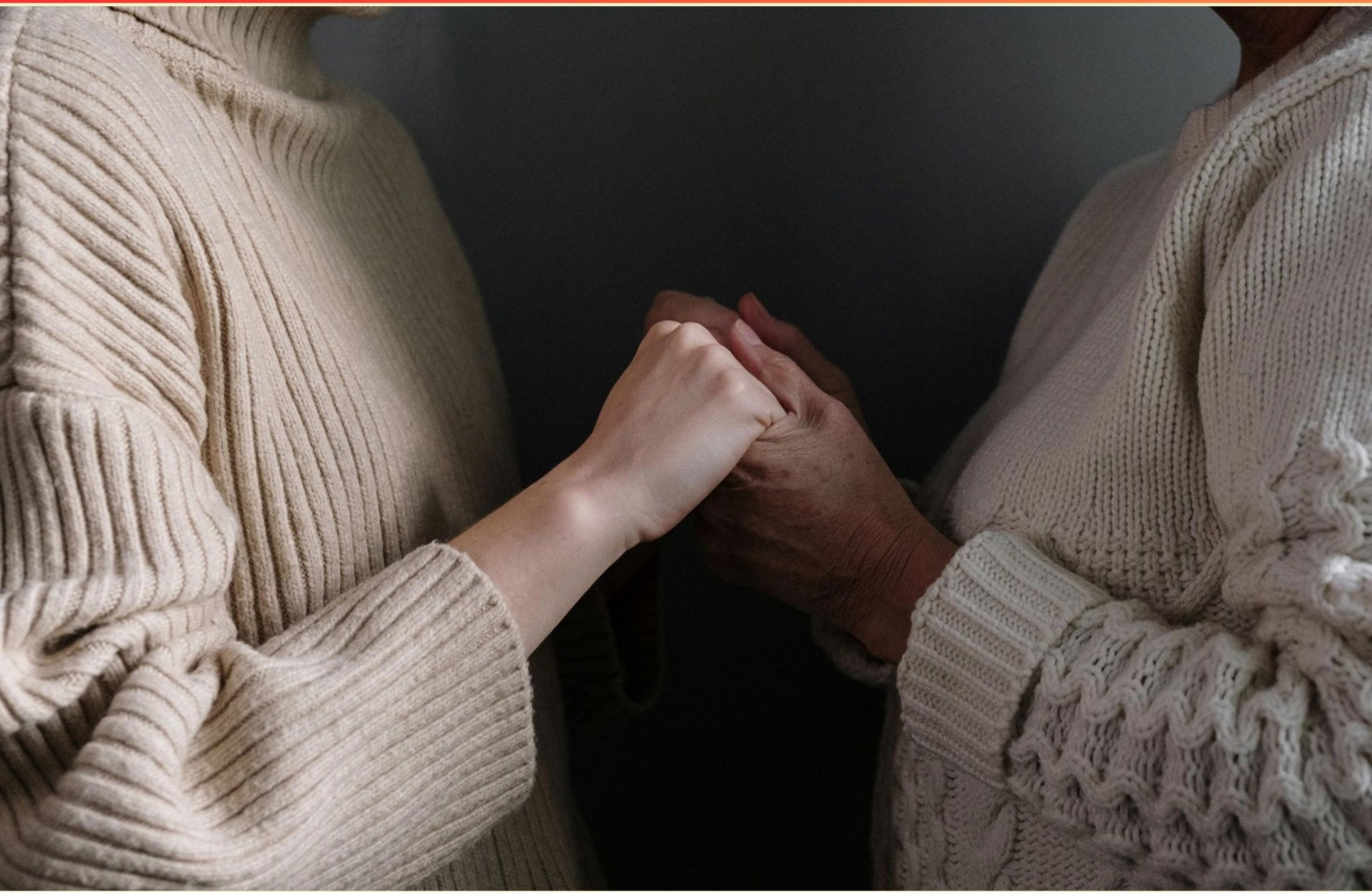


OKSLA RESIDENTIAL CARE / ASSISTED LIVING (RC/AL) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Who appoints the members to the dispute resolution panel in residential care?**
 - A. The residents themselves
 - B. A government body
 - C. The facility management
 - D. The medical staff
- 2. What type of individuals does an assisted living center primarily serve?**
 - A. Those who are unrelated to the operator
 - B. Residents who are considered by choice or functional impairments
 - C. People who need medication assistance
 - D. Individuals who may need assistance with transfer and/or ambulation
- 3. When a complaint is resolved, what is a necessary action for the long-term care administrator?**
 - A. Complete a written report
 - B. Notify the complainant in writing
 - C. Adjust facility policies accordingly
 - D. All of the above
- 4. How often must a licensed administrator be present in a residential care facility?**
 - A. 1/2 of the 40 hour week
 - B. 1/4 of the 40 hour week
 - C. 1/3 of the 40 hour week
 - D. All of the 40 hour week
- 5. What length of time is specified for the retention of incident reports?**
 - A. One year
 - B. Two years
 - C. Three years
 - D. Four years

- 6. For emergency purposes, how many days of food reserve should be maintained?**
- A. 1 day
 - B. 2 days
 - C. 3 days
 - D. 4 days
- 7. How soon must a report be made to the licensing board following an incident in residential care?**
- A. Within 24 hours
 - B. Within two business days
 - C. Within five business days
 - D. Within 10 business days
- 8. What is the primary responsibility of an assisted living center regarding service delivery?**
- A. Assist residents with medication management
 - B. Monitor and assure the delivery of home care services and hospice services
 - C. Provide independent living training
 - D. Conduct social activities for residents
- 9. What is the minimum amount of monthly income that must be reserved for the protection of residential care residents' funds?**
- A. \$10
 - B. \$25
 - C. \$50
 - D. \$100
- 10. What is the largest allowable package size for liquid medication in an assisted living center?**
- A. Eight (8) fluid ounces
 - B. Sixteen (16) fluid ounces
 - C. Twenty-four (24) fluid ounces
 - D. Thirty-two (32) fluid ounces

Answers

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

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Explanations

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1. Who appoints the members to the dispute resolution panel in residential care?

- A. The residents themselves
- B. A government body**
- C. The facility management
- D. The medical staff

The members of the dispute resolution panel in residential care are appointed by a government body. This process is crucial as it ensures that individuals selected to handle disputes have the appropriate authority, impartiality, and expertise to address the concerns of residents effectively. Government involvement in appointing panel members helps to uphold standards of fairness and transparency necessary for resolving conflicts. It also means that the process is subject to regulatory oversight, helping to protect the rights of residents and ensure compliance with legal requirements. Choosing members from the government level attempts to eliminate any potential bias that could arise if the facility management or other non-independent parties were candidates for these roles. Establishing a panel with members chosen through a government body helps to instill trust in the process and guarantees that the residents' grievances are treated seriously and handled by qualified individuals dedicated to their welfare.

2. What type of individuals does an assisted living center primarily serve?

- A. Those who are unrelated to the operator
- B. Residents who are considered by choice or functional impairments**
- C. People who need medication assistance
- D. Individuals who may need assistance with transfer and/or ambulation

The primary demographic served by an assisted living center includes residents who may be in that setting by choice or due to functional impairments. This encompasses a broad range of individuals who are generally able to perform some activities of daily living, but require varying levels of support or assistance with those tasks. In assisted living environments, individuals often seek not just care, but the autonomy of living in a community setting, which is why the aspect of choice plays a significant role. Many residents have functional impairments, which can include difficulties in areas such as mobility, personal care, or daily activities, and highlighting these individuals recognizes the balance between independence and the need for assistance. The other options focus on narrower or specific needs that, while relevant, do not capture the comprehensive nature of the assisted living facility's mission. For example, while medication assistance is certainly a service offered in assisted living, it doesn't encompass the broader category of individuals who choose this living arrangement based on various factors, including lifestyle preferences and levels of independence. Similarly, while assistance with transfers and ambulation is critical for some residents, it does not fully represent the variety of reasons why individuals may choose to live in an assisted living center. Thus, the correct answer reflects a more holistic understanding of the population

3. When a complaint is resolved, what is a necessary action for the long-term care administrator?

- A. Complete a written report
- B. Notify the complainant in writing
- C. Adjust facility policies accordingly
- D. All of the above**

In the context of long-term care administration, resolving a complaint involves multiple important actions that contribute to accountability, transparency, and ongoing improvement within the facility. Completing a written report is essential as it creates a formal record of the complaint, the investigation process, the resolution achieved, and any follow-up actions taken. This documentation is crucial for quality assurance and for tracking trends in complaints, which can highlight areas needing improvement. Notifying the complainant in writing is also a vital step. It shows respect for the individual who raised the concern, allows them to understand how the complaint was addressed, and provides assurance that their issues were taken seriously. Clear communication builds trust between the facility and its residents or their families. Adjusting facility policies accordingly is necessary when a complaint reveals a systemic issue or an area for improvement. By revising policies, the facility demonstrates a commitment to enhancing care and preventing similar complaints in the future. Therefore, it is clear that a comprehensive approach involving all these actions—documentation, communication, and policy adjustment—is essential for effective complaint resolution in long-term care settings. Each action plays a critical role in ensuring that the facility operates smoothly and continues to provide high-quality care. Thus, the most comprehensive answer is that all of these actions must

4. How often must a licensed administrator be present in a residential care facility?

- A. 1/2 of the 40 hour week
- B. 1/4 of the 40 hour week
- C. 1/3 of the 40 hour week**
- D. All of the 40 hour week

In a residential care facility, regulations typically require that a licensed administrator be present for a substantial portion of the operational hours to ensure the quality of care and oversight of the facility's operations. The requirement for the administrator to be present for one-third of a 40-hour week translates to approximately 13 hours and 20 minutes each week. This presence is crucial for maintaining compliance with state regulations, overseeing staff, managing resident care, and addressing any issues that may arise. This level of involvement helps ensure that the facility runs smoothly and that residents receive the proper care and attention they need. A lower standard, such as being present for a quarter or half of the week, might not sufficiently guarantee that the licensed administrator can effectively manage the facility and respond to the needs of residents and staff, potentially compromising care quality and regulatory compliance.

5. What length of time is specified for the retention of incident reports?

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

The requirement to retain incident reports for two years is based on regulatory guidelines designed to ensure that records of critical events are accessible for review and analysis. This retention period allows facilities to monitor patterns or trends in incidents, which is crucial for improving safety and care quality in residential care and assisted living environments. Keeping these reports for two years helps staff conduct thorough investigations and supports any necessary regulatory compliance audits. Additionally, this timeframe aligns with the typical time frames that allow for thorough review while also considering the administrative burden of maintaining extensive records beyond that need. This aids in balancing operational efficiency with accountability and transparency in the provision of care.

6. For emergency purposes, how many days of food reserve should be maintained?

- A. 1 day
- B. 2 days
- C. 3 days**
- D. 4 days

Maintaining a food reserve for emergency situations is crucial in residential care and assisted living environments. The recommendation to have a three-day supply of food allows sufficient time for residents to be supported until external resources can be re-established. This three-day window is significant because it enables caregivers to handle emergencies, such as natural disasters or supply chain disruptions, without immediate panic over food shortages. During emergencies, access to grocery stores and other food sources may be severely limited or delayed. Having a reserve of food can ensure that residents continue to receive necessary nutrition and maintain their well-being during challenging conditions. In this context, the three-day supply acts as a buffer, giving staff time to assess the situation, coordinate safer arrangements, and implement alternative plans as needed, all while ensuring residents do not go hungry. A shorter reserve, like one or two days, might not provide adequate time to address such emergencies, and a four-day reserve may exceed practical storage capabilities in some facilities. Thus, three days is a balanced and practical recommendation.

7. How soon must a report be made to the licensing board following an incident in residential care?

- A. Within 24 hours
- B. Within two business days
- C. Within five business days**
- D. Within 10 business days

In the context of reporting incidents in residential care, the requirement to make a report to the licensing board within five business days is rooted in the need for timely communication regarding safety and compliance issues. This timeframe allows for a balance between urgency and the need for thoroughness in investigations that may follow an incident. Reporting within five business days ensures that any necessary actions can be taken promptly to address the situation, safeguard residents, and maintain the integrity of the care facility. While shorter reporting windows may address pressing situations quickly, they might not provide sufficient time for a comprehensive assessment of the incident. Conversely, longer reporting times could delay necessary interventions and oversight by the licensing board, which could jeopardize the safety and welfare of residents. It is crucial to adhere to this five-business-day reporting requirement to maintain compliance with regulations, ensure transparency, and promote accountability in residential care settings.

8. What is the primary responsibility of an assisted living center regarding service delivery?

- A. Assist residents with medication management
- B. Monitor and assure the delivery of home care services and hospice services**
- C. Provide independent living training
- D. Conduct social activities for residents

The primary responsibility of an assisted living center regarding service delivery is to monitor and assure the delivery of home care services and hospice services. This encompasses overseeing various health-related services that residents may require, ensuring that they receive the necessary care tailored to their individual needs. These services often include assistance with daily living activities, as well as medical support, thus playing a vital role in the overall well-being of residents. While assisting residents with medication management, providing independent living training, and conducting social activities are also important functions of an assisted living facility, the core responsibility lies in managing and coordinating health care services. This focus on service delivery ensures that residents receive comprehensive support, fostering a safe and nurturing environment that addresses their physical, emotional, and social needs.

9. What is the minimum amount of monthly income that must be reserved for the protection of residential care residents' funds?

- A. \$10
- B. \$25**
- C. \$50
- D. \$100

The correct answer reflects the regulation that mandates a minimum amount of monthly income that must be reserved for the protection of residents' funds in residential care settings. This requirement exists to ensure that residents have access to a portion of their income, which can be utilized for personal needs and expenses, promoting their financial autonomy and dignity. In particular, reserving \$25 each month helps ensure that residents are not left without the means to cover necessary personal expenses or emergencies while residing in assisted living or residential care facilities. This practice is essential in supporting the overall well-being and quality of life for residents, as it allows them to manage their own small expenditures, such as personal items, activities, or savable funds for future needs. Regulations generally serve to protect residents from financial exploitation or mismanagement of their funds by ensuring that they retain a specific amount for personal use. Therefore, understanding this financial safeguarding role is crucial for anyone involved in the management or operation of assisted living facilities.

10. What is the largest allowable package size for liquid medication in an assisted living center?

- A. Eight (8) fluid ounces
- B. Sixteen (16) fluid ounces**
- C. Twenty-four (24) fluid ounces
- D. Thirty-two (32) fluid ounces

In assisted living centers, regulations concerning medication storage and administration are established to ensure the safety and well-being of residents. The largest allowable package size for liquid medication is typically sixteen fluid ounces. This limit is set to minimize risks associated with handling large quantities of any medication, reducing the likelihood of errors in administration and ensuring more straightforward management of medications by staff. By allowing only a maximum of sixteen fluid ounces, the regulations help maintain proper medication control, prevent excess stockpiling that could lead to oversight, and promote adherence to medication protocols. This size strikes a balance between ensuring that enough medication is available for residents' needs while still adhering to safety and regulatory standards.

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://okslarcal.examzify.com>

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

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