

ALF Practice Test Questions and Answers

1. Sundowning in dementia residents refers to:

- A) Residents preferring outdoor activities in the morning
- B) Increased confusion, agitation, or restlessness that typically worsens in the late afternoon or evening
- C) A resident's request for early discharge
- D) Daytime napping behaviors in memory care

2. Why is communication important in staff leadership?

- A) To create staff confusion
- B) To promote teamwork and care efficiency
- C) To eliminate staff feedback
- D) To encourage workplace conflict

3. In a memory care unit, 'validation therapy' is used to:

- A) Correct a resident's confused beliefs with factual reality
- B) Acknowledge and empathize with the resident's feelings and perceived reality rather than arguing
- C) Validate staff performance during care interactions
- D) Confirm medication accuracy before administration

4. Resident satisfaction surveys in an ALF are BEST used to:

- A) Replace regulatory inspections
- B) Identify areas for service improvement based on resident feedback
- C) Determine staff salary increases
- D) Set meal pricing

Answers: 1-B 2-B 3-B 4-B

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