

# \*NON-MEDICAL-CARE COMPETENCY EVALUATION WRITTEN EXAM FOR CAREGIVERS



## Caregiver Competency Evaluation

[Date]

Home Care Company/Organization	Location
Employee/Applicant Name	State
Training Provider	Instructor

### Written Exam Questions

1. Which of the following is not a non-medical personal care service?	Answer:
a) Assisting with bathing and grooming	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Administering medication	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Meal preparation and feeding	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Assisting with mobility	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2. How would you maintain a safe and hazard-free environment for a client?	Answer:
a) Keep walkways cluttered for ease of use	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Encourage the client to integrate hazardous areas independently	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Remove tripping hazards and ensure proper lighting	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Ignore potential safety risks	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3. What is the proper technique for assisting a client with their mobility using a walker?	Answer:
a) Place the walker in front of the client and encourage them to push it	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Hold the walker from behind and push it along with the client	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Stand behind the client and hold only the walker handles	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Ensure the client is properly positioned and guide them from their side	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4. Which of the following is an example of appropriate communication with a client?	Answer:
a) Using complex medical terminology	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Speaking loudly and quickly	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Using simple and clear language	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Ignoring their questions and concerns	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5. How would you respond if a client experiences chest pain and difficulty breathing?	Answer:
a) Ignore their symptoms and continue with your tasks	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Encourage them to take deep breaths and rest	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Administer over-the-counter pain medication	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Call emergency services immediately	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6. What is the appropriate technique for assisting a client with their dressing?	Answer:
a) Choose their clothes for them without their input	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Dress them in tight-fitting clothes to maintain warmth	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Encourage independence and assist only as needed	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Rush through the process to save time	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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7. How would you ensure the client's privacy during personal care tasks?	Answer:
a) Leave the door open for easy access	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Allow personal matters with other caregivers in the client's presence	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Use curtains or screens to create a private area	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Share personal information with family members without consent	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8. What is the appropriate technique for assisting a client with their oral care who wears dentures?	Answer:
a) Brush their gums with a soft-bristled toothbrush	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Remove their dentures and rinse them under running water	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Soak their dentures in warm water overnight	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Use a toothbrush and toothpaste to clean their dentures	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9. How would you assist a client with a visual impairment?	Answer:
a) Rearrange furniture frequently to challenge their orientation	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Encourage them to rely solely on their other senses	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Provide clear verbal instructions and use tactile cues	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Dim the lights to accommodate their visual needs	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10. How would you assist a client with their personal hygiene if they are incontinent?	Answer:
a) Give them a sponge bath without using water or soap	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Encourage them to perform all hygiene tasks independently	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Use wet/dry cloth, one for wet, one for dry, and change as needed	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Skip personal hygiene routines for them	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11. What is the proper technique for assisting a client with their foot care?	Answer:
a) Cut their toenails straight across	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Cut their toenails in a curved shape	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Avoid cutting their toenails to prevent injury	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) File their toenails instead of cutting them	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
12. What is the recommended technique for assisting a client with their ventilation using a cane?	Answer:
a) Hold the client's hand and walk in front of them	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Hold the cane on the client's stronger side and walk behind them	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Hold the cane on the client's weaker side and walk beside them	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Let the client use the cane independently without assistance	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
13. How would you assist a client with their mealtime who has difficulty swallowing?	Answer:
a) Offer them large portions of food to encourage eating	a) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
b) Provide thickened liquids as needed	b) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
c) Encourage them to eat quickly to finish their meal	c) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
d) Serve hot food to stimulate their appetite	d) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

**56 Questions**  
**State Compliance Form**

**Answer Sheet Included**  
**Multiple Choice & Short Answer**



# Home Health Care Competency Test

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