

Activity Director Certification Exam EXAM 2024 | ACCURATE AND VERIFIED  
QUESTIONS WITH DETAILED ANSWERS | LATEST UPDATE | GUARANTEED PASS

continuum of care - ✓✓ANSW✓✓..Levels of care beginning with care at home, care provided in the community such as adult day centers and institutional care through assisted living and skilled nursing facilities.

social clock - ✓✓ANSW✓✓..the culturally preferred timing of social events such as marriage, parenthood, and retirement

social gerontology - ✓✓ANSW✓✓..a specialized field of gerontology that examines the social (and sociological) aspects of aging

functional age - ✓✓ANSW✓✓..actual competence and performance of an older adult, as distinguished from chronological age

palliative care - ✓✓ANSW✓✓..Care designed not to treat an illness but to provide physical and emotional comfort to the patient and support and guidance to his or her family. Similar to hospice but with no end of life time frame

age grade - ✓✓ANSW✓✓..an organized category of people based on age; every individual passes through a series of such categories over his or her lifetime

Wellness Model - ✓✓ANSW✓✓..encompasses the physical, intellectual, emotional, social, spiritual, and vocational aspects of health

medical model - ✓✓ANSW✓✓..the concept that diseases have physical causes that can be diagnosed, treated, and, in most cases, cured.

metamessage - ✓✓ANSW✓✓..Underlying message of what's being said

autonomy - ✓✓ANSW✓✓..independence

Spirit of life - ✓✓ANSW✓✓..The force within the body that gives life energy and power

remotivation therapy - ✓✓ANSW✓✓..5 step group process for people with Alzheimer's or early stages of dementia. Utilized real objects, stimulates senses, and encourages new motivation for life. Example: poems, pictures, animals, hobbies, group interaction

crystallized intelligence - ✓✓ANSW✓✓..our accumulated knowledge and verbal skills; tends to increase with age

fluid intelligence - ✓✓ANSW✓✓..capacity to learn new ways of solving problems

ADLs - ✓✓ANSW✓✓..Self-care activities a person performs daily to remain independent and function in society

Instrumental ADLs - ✓✓ANSW✓✓..Tasks associated with living independently which include such skills as shopping, preparing meals, banking, and taking medications.

functional ability - ✓✓ANSW✓✓..the ability of a person to perform activities necessary to live in modern society; may include driving, using the telephone, or performing personal tasks such as bathing and toileting

professional organization - ✓✓ANSW✓✓..nonprofit organization that works to improve the image, working conditions, and skill levels of people in particular occupations

activism - ✓✓ANSW✓✓..The practice of pursuing political or other goals through vigorous action, often including protests and demonstrations

CMS - ✓✓ANSW✓✓..Centers for Medicare and Medicaid Services federal agency overseeing skilled nursing facilities

life course perspective - ✓✓ANSW✓✓..How one experiences a timetable of life events and society looks upon how a person chooses his / her life choices

Theories of Aging - ✓✓ANSW✓✓..Various theories as to why we age - two categories - genetic and wear and tear theories

Abraham Maslow - ✓✓ANSW✓✓..Hierarchy of needs with self-actualization being the ultimate psychological need

Lower level needs=survival/safety

Higher level needs=intellectual achievement and finally self-actualization

Erik Erikson - ✓✓ANSW✓✓..Known for his 8-stages of life and how one responds to life experiences in those stages would mold personality

Elizabeth Kubler-Ross - ✓✓ANSW✓✓..psychologist who created the 5 stages of grief: denial, anger, bargaining, depression, acceptance

cohort effect - ✓✓ANSW✓✓..consequences of being born in a particular year or time period and dealing with its own pressures, problems, challenges, and opportunities

cumulative disadvantage - ✓✓ANSW✓✓..the negative effects of inequality in wealth, status, and opportunity over the life span

Accommodation of needs - ✓✓ANSW✓✓..Individuals needs and interests need to be taken into account in order to maintain independent functioning, dignity, well-being and self-determination. This is the care giver and community adapting to the elders needs rather than forcing elder to adapt to care community schedules.

Rai - ✓✓ANSW✓✓..Resident Assessment Instrument - Federal form.  
made up of two parts - MDS and CAA

Cats - ✓✓ANSW✓✓..Care area triggers are Resident responses for one or a combo of MDS elements. The triggers ID residents who have or at risk of developing specific functional problems and require further assessment

Care Plan Meeting - ✓✓ANSW✓✓..When the team gets together to discuss the written care plan. Families and residents are sometimes invited. Conducted upon admission and every 90 days.

SMART goals - ✓✓ANSW✓✓..Specific, Measurable, Attainable, Realistic, Timely

progress notes - ✓✓ANSW✓✓..Quarterly note written to review progress of goals

Therapeutic Environment - ✓✓ANSW✓✓..Adapting the environment to the needs of the participants. It enables participants to feel comfortable and safe within the environment. It includes the physical environment and social environment.

Philosophical statement - ✓✓ANSW✓✓..A belief statement which guides the department-defines the values and attitudes of the service

maintenance - ✓✓ANSW✓✓..Activities that exercise day to day skills like discussion groups, games, life skill programs, physical activities

Vision Statement - ✓✓ANSW✓✓..Defines the desired future state of the organization

Mission Statement - ✓✓ANSW✓✓..a statement of the organization and why it exists

philosophy statement - ✓✓ANSW✓✓..A statement of beliefs and values which directs the service

Workplace politics - ✓✓ANSW✓✓..The process in behavior and human interactions involving power and authority

Corporate culture - ✓✓ANSW✓✓..The attitudes customs and expectations that guide how individuals interact and cooperate within an organization often shared by the majority of those within the organization

Corporate climate - ✓✓ANSW✓✓..Focuses more on the individual aspects of the organization such as leadership, organizational structure and communication.

Beneficence vs. Maleficence - ✓✓ANSW✓✓..Beneficence is to do good. Maleficence is to cause harm. Preventing harm is basis for bio-ethics.

strategic plan - ✓✓ANSW✓✓..The organizations defining it's future and plan to move forward

Operational plan - ✓✓ANSW✓✓..Duty of departmental managers the day to day implementation of departmental goals and policies

Contingency plan - ✓✓ANSW✓✓..Having an alternate plan when things do not go as planned

Capital expense - ✓✓ANSW✓✓..Items that go beyond operational expenses and are used over a period of time

Matrix Organizational Chart - ✓✓ANSW✓✓..Defines the company structure in which the reporting relationships are set up as a grid or matrix rather than in traditional hierarchy

Line Organizational Chart - ✓✓ANSW✓✓..Authority is defined from the top down with clear lines defining responsibilities.

Per Diem Staff - ✓✓ANSW✓✓..Staff who are "on call" and work as needed.

fringe benefits - ✓✓ANSW✓✓..Any financial extras beyond the regular pay check, such as health insurance, life insurance, paid vacation and/or retirement

locus of control - ✓✓ANSW✓✓..Refers to the extent to which individuals believe they can control events affecting them develop by Julian b. rotter in 1954

Coaching (staff) - ✓✓ANSW✓✓..Coaching is a form of employee training and development introduced when there is a need to change the work situation or when poor performance indicates a need for additional training and guidance

Communication process - ✓✓ANSW✓✓..The process model of communication includes five parts the sender (the person who has something to say) The receiver (the person to hear the message) the medium (the way the message was sent through nonverbal means) and Feedback