**Helping with Activities of Daily Living and IADL’s**

**POST TEST**

**Print Your Full Name Here:**

**Date Course Completed:**

**I certify that I have completed the entire online module of this course.**

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**HCA Signature**

**Please note: If you have any questions about the content of the course please indicate them on the bottom of this test form and we will be in touch to answer the questions.**

**Instructions**: Completely fill in the circle for the most correct response to each question.

1. **True or False: Activities of daily living** are basic self-care needs that everyone has and can normally do for themselves if they are without illness or injury.
   1. True
   2. False
2. When assisting your client with a bath or shower, one guideline to remember would be to:
   1. Leave the client alone and do not offer assistance so they can do it all themselves.
   2. Have the client step out of the shower on to a towel on the wet floor.
   3. Help dry the client off completely before they exit the shower or tub.
   4. Get the water as hot as the client can tolerate.
3. **True or False:** Dentures should be cleaned just as often as real teeth.
   1. True
   2. False
4. **True or False:** Oral care should only be done if the client has eaten. If they haven’t, their teeth are not dirty so there is no need to brush.
   1. True
   2. False
5. **True or False**: Position a client to prevent choking at mealtime is something a Home Care Aide does **not** have to worry about?
   1. True
   2. False
6. Which of the following could lead to a problem using the telephone?
   1. Hearing loss
   2. Vision Loss
   3. Confusion
   4. All of the Above
7. You are assigned to do light housekeeping duties and assisting with ADL’s for Mrs. Johnson. After 2 weeks you notice she is having trouble keeping up with her medications. You should:
   1. Do nothing. You are not allowed to give medications.
   2. Help organize her medications into a pill organizer.
   3. Let your supervisor know so the appropriate assistance can be provided.
   4. Learn everything you can about the medications and give them as ordered.
8. When meal planning it is best to:
   1. Season the foods heavily so it tastes good and the client will want to eat it.
   2. Do not involve your clients in the kitchen because they could hurt themselves.
   3. Order take-out as much as possible because it will save the client money.
   4. Follow any diet plans or restrictions your client’s doctor might have them on.
9. **True or False:** It’s important to rush through ADL’s with your client so you can get everything done you need to for the day.
   1. True
   2. False

**Do you have any questions about the material covered in this online course?**

**Mail completed test to:**

**Hera Hub**

**Attn: Seniors Helping Seniors**

**5205 Avenida Encinas, Suite A**

**Carlsbad, CA 92008**