

# NCCAP Practice Test Questions and Answers

**1. What is the primary focus of activity programming for older adults?**

- A) Reducing facility costs
- B) Enhancing quality of life and promoting engagement
- C) Minimizing staff interaction
- D) Standardizing all activities

**2. Which approach is most effective when planning activities for residents with dementia?**

- A) Complex multi-step activities
- B) Person-centered activities based on individual interests and abilities
- C) Competitive group activities only
- D) Passive observation activities

**3. What is the importance of documentation in activity programs?**

- A) Reducing program variety
- B) Tracking participation, outcomes, and regulatory compliance
- C) Limiting resident choices
- D) Increasing administrative burden

**4. Which principle guides effective intergenerational programming?**

- A) Separating age groups completely
- B) Creating meaningful connections between different generations
- C) Focusing only on entertainment
- D) Avoiding structured activities

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

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