



Australian Government

A U S T R A L I A N
A P P R E N T I C E S H I P S

Your Life. Your Career. Your Future.

Aged Care

Practice Aptitude Quiz

Practice Aptitude Quiz

Part 1: About this quiz

Use this quiz to prepare for an Apprenticeship in Aged Care

This quiz:

- Is NOT a formal assessment tool or pre-requisite for any job application
- Shows key learning standards for the Aged Care industry
- Has been developed with the help of industry leaders, TAFE and high schools

Quiz details

This quiz will:

- Take approximately 60 minutes to complete
- Ask you numeracy and literacy questions specific to the Aged Care industry
- Assess your literacy and numeracy at a Year 11 standard
- Allow you to use a calculator
- Share correct answers at the end

Who should take this quiz?

You should complete this quiz if you:

- Are thinking about starting an Apprenticeship in Aged Care
- Want to practise for a formal aptitude test

Need help with your literacy and numeracy skills?

If you want to improve your literacy and numeracy skills, reach out to any of the below:

- Australian Apprenticeship Support Network providers
- Your Registered Training Organisation when you start training
- Reading Writing Hotline:
1300 655 506
www.readingwritinghotline.edu.au
- Careers advisers and your teachers (if you're in high school)

More information about the Aged Care industry

Visit www.yourcareer.gov.au/industries/q/health-care-and-social-assistance

On this page you'll be able to:

- See the most popular Aged Care occupations
- Get general information and statistics about the industry
- Search for Aged Care courses

Practice Aptitude Quiz

How to use this quiz

This is an interactive form that can be filled out on your computer.

You can either:

- Fill it out on your computer; OR
- Print it out; OR
- Write your answers down on paper as you go.

Use the answers section at the end of the quiz to see how you went.

How to complete this quiz on your computer

1. Download and save the quiz onto your computer
2. Open the file from your computer
3. Fill in the form using a keyboard and mouse

Practice Aptitude Quiz

Part 2: The Quiz

Section 1: Language and Literacy

1. Select the missing word for each of these sentences:

a. John enjoys working in aged care. His supervisor says, he is very...

karing

caring

carring

careing

b. All aged care workers must follow workplace policies and...

proseedures

procedurs

procedure

procedures

c. Aged care workers can help people to be positive about...

ageing

agging

aeging

agin

d. As people get older, their skin becomes thinner and can be easily...

dameged

damagged

damaged

demaged

Practice Aptitude Quiz

2. Select the most appropriate word to replace the word that is underlined:

a. In aged care, you will be expected to work independently and as part of a group.

team section colleagues friends

b. Health and safety hazards can be minimised by enforcing good health and safety.

prevented deficient eluded reduced

c. Older people are all different and each person should be treated as an individual.

similar equal alternative unique

d. Aged care workers provide support to the elderly.

assistance choices knowledge transport

3. Select the correct spelling of the following words:

a. Reflective Rephlective Reflicteve Reflectiv

b. Adminestration Administrasion Administration Adminictrashin

c. Individal Endividual Indeividual Individual

d. Privasy Prevacy Pryvacy Privacy

Practice Aptitude Quiz

4. Arrange the following words in alphabetical order:

Independence	
Rights	
Personal	
Community	
Diversity	
Dignity	
Healthy	
Attitude	
Advocate	
Confidentiality	

5. The following procedure for washing hands is not in the correct order. Rearrange and list the steps in the correct order below:

1. When soap has foamed, rinse well with water.
2. Dispose of the paper towel correctly.
3. Thoroughly wet hands with water.
4. Dry hands thoroughly using clean paper towel.
5. Use medicated hand wash and rub thoroughly over both hands for 20 seconds.

Practice Aptitude Quiz

6. Read the case study below and answer the questions that follow:

A Home and Community Assessor is at Mrs Sangi's home to assess her need for personal care assistance. Mrs Sangi is 80 years old. Both Mrs Sangi and her daughter Sunita are present at the assessment. The assessor watches Mrs Sangi lie down on the bed and then get up again. She does this quite well and safely, but it is safest if someone holds her wheeled walking frame in place for her.

The assessor talks to Mrs Sangi about getting undressed. She says she has difficulty lifting her arms over her head and often cannot get her nightgown off easily. She can use her frame to walk to the bathroom but needs assistance to get the water temperature correct, to step into the shower and she also needs reminding to hold the rails inside the shower.

There is a stool in the shower for her to sit on. She cannot raise her arms to wash her hair properly, but she can wash the rest of her body independently.

Once she has finished showering, she needs supervision when stepping out of the shower and also needs the bathroom chair moved into place. The bathroom chair should have one towel draped over the seat and another over the back. She cannot reach to dry her feet properly and cannot dry her hair. Once she is dry, she uses the frame to return to the bedroom and can dress independently if her clothes are laid out on the bed. She needs help to blow-dry and brush her hair. She occasionally needs help to do up zips and buttons that are high on the back, or to do up a necklace.

a. Who is Sunita?

b. How does Mrs Sangi get to the bathroom?

Practice Aptitude Quiz

c. List at least four ways that Mrs Sangi needs help to shower:

Read the following text to answer questions 7, 8, & 9.

Aged care workers can work in a variety of settings as a:

- Personal Care Worker in an aged care facility; and a
- Home and Community Care Worker in the community in either:
 - a day setting where the elderly come to a facility or centre for a day of activities such as crafts and social activities; or
 - an 'in-home' setting where the elderly are assisted in their own homes with their daily living activities such as showering, dressing and with taking medications.

In these settings, you will be required to work with people who may have communication issues and may be suffering from dementia. The way that you communicate with them will be important so as to maintain their dignity, allow them to remain independent and to provide them with the care that they need without upsetting and confusing them.

The role of an aged care worker can be very demanding and therefore in addition to providing the best care possible, you will also need to protect your own health and wellbeing. Aged care workers can run a high risk of back injuries. The greatest risk of back injury is when you are lifting, carrying and lowering things.

Ways to stop injuries when lifting include:

- Using equipment such as hoists or trolleys designed to carry a person or equipment like wheel chairs when residents have to be moved long distances;
- Lifting only as a last resort - the best option is NO lifting;
- Planning the move – think about how you will move the person before you do;
- Bending your knees;
- Keeping the object close to your body;
- Working with a partner;
- Lifting in small stages – for example floor to chair, then to table;
- Wearing appropriate clothing and shoes;
- Asking your supervisor if you are not sure how to lift a load.

Thinking about this information, please read the following scenarios and answer associated questions.

Practice Aptitude Quiz

7. Scenario 1

You are working in an aged care facility, assisting in the care of several residents, including Mrs Hernandez. While you are in the activities room Mrs Hernandez asks you to help her out of her chair so she can go back to her room. She is insistent that she wants to leave the room immediately. All other careers in your area are busy.

Mrs Hernandez weighs 70kgs and you weigh 55kgs, so if you do help her the lifting will involve a high degree of strain on you. You realise that if you decide to help Mrs Hernandez on your own there is a risk that you will hurt your back and also that Mrs Hernandez may fall and incur an injury.

a. In this scenario, what should you do? Select the correct answer.

Immediately help Mrs Hernandez out of the chair on your own so that she can get back to her room.

Ask another resident to help you get Mrs Hernandez out of the chair.

Ask Mrs Hernandez to wait while you ask your supervisor for direction on what to do in this situation.

b. The decision to lift on your own may have led to the following outcomes. Which of these outcomes is likely to have long term and serious effects? Select the correct answer.

You were able to get on to other tasks quickly.

After lifting you could feel pain in your back.

Mrs Hernandez was able to get back to her room quickly.

Practice Aptitude Quiz

8. Scenario 2

Mrs Spinoza has recently been admitted into the aged care facility where you work. Her care plan sets out the detail of her personal and medical history and how any issues will be managed. You notice that Mrs Spinoza's care plan states that she is Italian and that she speaks few words of English.

From your contact with Mrs Spinoza you realise that she has few visitors, and that communication is very difficult between her and the staff providing care.

Mrs Spinoza rarely leaves her room to mix with the other residents, and when she does she does not talk with anyone. You often see her crying, and she can get aggressive when you try to assist her with personal care (showering, dressing and toileting).

From your observations she seems isolated, confused, scared and lonely in her new environment.

You provide this feedback to your supervisor and other carers agree with your thoughts. Together with your supervisor you organise a visit by an Italian interpreter that the facility has access to.

From the discussions held through the interpreter you are able to reassure Mrs Spinoza that the carers are there to support her everyday needs, and that she has access to various activities at the facility. You also agree on the use of several simple pictures to help communicate when daily activities such as meal times and therapy activities are happening. You also explain the use of a weekly 'calendar of events and activities' that the facility provides residents. You discover that Mrs Spinoza's favourite pastime is indoor bowls, and you talk about how to read those words on the calendar so that she can attend that activity.

You also start to learn from Mrs Spinoza and the interpreter some simple phrases of welcome in Italian that will help Mrs Spinoza feel more at ease in the facility.

a. Comprehensive information about a patient can be obtained from (Select the correct response):

Gossip heard around the facility

A care plan

The internet

b. Name at least two of Mrs Spinoza's emotions that you observed in her new environment:

Practice Aptitude Quiz

- c. Name at least two strategies developed to help communicate more effectively with Mrs Spinoza:

9. Scenario 3

Mr and Mrs Brown are under your care and you visit them once a week in their home to assist Mrs Brown to care for her husband. He is suffering from mild dementia and you know from reading Mr Brown's Care Plan that he has trouble remembering names, appointments and events such as birthdays.

To help in this situation, every time you visit Mr Brown you make sure that you introduce yourself and mention the purpose of your visit. You also wear a name tag with your picture and information on the organisation you represent.

During a visit Mrs Brown mentions that she is frustrated by Mr Brown's inability to remember things. You discuss some strategies that may assist the Brown's daily organisation, such as leaving a list of things to do on the fridge and circling important dates on a large calendar. You also offer Mrs Brown support and encouragement to remain patient in her role as a carer.

- a. List two strategies that help Mr Brown become accustomed to your weekly visit:

- b. List two strategies that help Mrs Brown manage her husband's mild dementia:

Practice Aptitude Quiz

Section 2: Numeracy



Remember - calculators are allowed for this quiz

1. Convert the following:

- a. \$3.59 to cents
- b. 3000 cents to dollars
- c. 175 days to weeks
- d. 104 weeks to years

2. Calculate the number of hours and minutes from 9am to 3:45pm:

3. Select the best estimate of the answer for the following:

a. $999 \times 89 =$

89

8900

890

89000

b. $6000 \div 27 =$

20

300

3000

200

4. Write the following as a number:

- a. Two thousand, one hundred and nine
- b. Thirty six thousand and ninety three

Practice Aptitude Quiz

5. Calculate the following:

- a. $124 + 35$
- b. $729 + 804$
- c. $169 - 82$
- d. $8043 - 249$

6. Multiply the following:

- a. 6.79×10
- b. 45×12

7. You arrive at work at 8.30 a.m. and leave at 4.15 p.m. How long have you been at work? Write your answer in the number of hours and minutes.

Hours

Minutes

8. You have been asked by nursing staff to monitor the fluid intake of an elderly resident. What is the total fluid intake if the individual consumes the following fluids throughout the day? Provide your answer in litres.

200 mls of tea in the morning
300 mls of water
200 mls of tea for afternoon tea
150 mls of orange juice

250 mls of milk on a bowl of cereal
240 mls of soup
200 mls of beer

Total fluid intake =

litres

Practice Aptitude Quiz

9. You are stock taking materials for your department. If you have 13 boxes of soap and each box contains 20 blocks of soap, how many blocks of soap do you have in total?

10. If you work for 35 hours a week and earn \$20 an hour, what will your earnings per week be before tax deduction?

11. A cleaning fluid must be diluted to a ratio of 1:4 with water before it can be used. If you have 200 millilitres (mls) of cleaning fluid, how much water will have to be added before you can use the fluid? Provide your answer in millilitres.

12. You have been given a large box of chocolates to share equally with each staff member in your team. If the box contains 60 chocolates and you have a total number of 15 staff, how many chocolates does each staff member receive?

Practice Aptitude Quiz

Answers

Section 1: Language and Literacy

1. a. caring b. procedures c. ageing d. damaged
2. a. team b. reduced c. unique d. assistance
3. a. Reflective b. Administration c. Individual d. Privacy

4.

Advocate
Attitude
Community
Confidentiality
Dignity
Diversity
Healthy
Independence
Personal
Rights

5. 3, 5, 1, 4, 2
6. a. Mrs Sangi's daughter.
b. She use her frame to walk to the bathroom.
c. Adjusting the water to the correct comfortable temperature, Reminding her to hold the rails, Washing hair and Getting out of the shower.
7. a. Ask Mrs Hernandez to wait while you ask your supervisor for direction on what to do in this situation.
b. After lifting you could feel pain in your back.
8. a. A care plan
b. Isolated, confused, scared, lonely
c. Interpreter, pictures, introduce the facility's calendar of events, learn a few Italian phrases.
9. a. Introduce yourself at every visit, wear a name tag with a picture of you on it.
b. list of things to do, use the calendar, maintain patience, offer support and encouragement

Section 2: Numeracy

1. a. 359 cents b. \$30.00 c. 25 weeks d. 2 years
2. 6 hours and 45 minutes
3. a. 89000 b. 200
4. a. 2109 b. 36093
5. a. 159 b. 1533 c. 87 d. 7794
6. a. 67.9 b. 540
7. 7 hours and 45 minutes
8. 1.540 litres
9. 260 blocks of soap
10. \$700
11. 800 mls
12. 4 chocolates each