

Communication Cards

English / Karen

Version 2023 12up



This information was compiled by the Centre for Cultural Diversity in Ageing in 2023.

This publication was funded by the Australian Government Department of Health and Aged Care.

တၢ်ဂ့ၢ်တၢ်ကျိၤအံၤ ဘၣ်တၢ်ဟံၣ်ဖျိၣ်အီၤ တပူၤဃီလၢ စဲထၢၣ်လၢတၢ်ဆဲးတၢ်လၢ အကလုာ်ကလုာ်လၢသ့ၣ်က့သးပှ် အပူၤအဂီၢ် (Centre for Cultural Diversity in Ageing) ဖဲ 2023 အပူၤလီၤ.

လံာ်အံၤဘၣ်တၢ်ဆီၣ်ထွဲမၤစၢၤအီၤလၢ ကျိၣ်စု လၢ အီးစၢၤတြုလယါပဒိၣ် တၢ်အိၣ်ဆူၣ် အိၣ်ချ့ဒီး တၢ်ကွၢ်ထွဲပှ်သးပှ်ဝဲၤကျိၤ (Australian Government Department of Health and Aged Care) န့ၣ်လီၤ.

© Centre for Cultural Diversity in Ageing 2023.

Breakfast



ဂီၤတၢ်အိၣ်
gaw ta aw

Breakfast



ဂီၤတၢ်အိၣ်
gaw ta aw

Breakfast



ဂီၤတၢ်အိၣ်
gaw ta aw

Lunch



မုၢ်ထူၣ်တၢ်အိၣ်
mu tu ta aw

Lunch



မုၢ်ထူၣ်တၢ်အိၣ်
mu tu ta aw

Dinner



ဟါတၢ်အိၣ်
ha ta aw

Dinner



ဟါတၢ်အိၣ်
ha ta aw

Fish



ညဉ်
nya

Chicken



ဆီညဉ်
chaw nya

Beef



ဂီၤဖံးညဉ်
gaw pi nya

Lamb



သိညဉ်
thoe nya

Pork



ထိးညဉ်
toe nya

Water



ထံ

tee

Juice



တၢ်သၢ်ထံ

ta tha tee

Tea



လၢပာ်ထံ

la pa tee

Sugar



တၢ်ဆၢ

ta cher

Milk



တၢ်နုၢ်ထံ

ta nu tee

Coffee



ဒီးပံၣ်

co pi

Beer



ဘံၣ်ယၢၣ်

Be yer

Wine



သံးစပီးထံ

thi spie tee

Vegetarian



ပုၤတအီၣ်တၢ်သးသမူ

pwa ter aw ta tha ther mu

Kosher



ခိရှၢၣ်

co sher

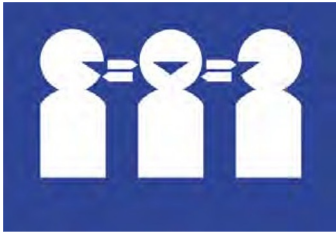
Halal



ဟာ်လး

ha la

Interpreter



ပှၤကတိၤကျိၢ်ထံတၢ်
pya ka to klo ti ta

Family



ဟံၣ်ဖိဃိဖိ
hi poe ghaw poe

Priest



သရၣ်ဒိၣ်
thra doh

Rabbi



ရဲးဘံၣ်
ra bi

Imam



အံးမၣ်
i ma

Priest



သရၣ်ဒိၣ်
thra doh

Nurse



သရၣ်/သရၣ်မုၢ်ပှၤကွၢ်ပှၤဆါ
thra/thramu kwa pwa cha

Doctor



ကသံၣ်သရၣ်
ker thi thra

Monk



စီၤသီ
saw thaw

Physiotherapist



ပှၤကူၤစါယါကျါမၤတူၤထီၣ်နီၣ်ခိတၢ်ဟူး
တၢ်ဂဲၤ
pwa ku sa ya bla ma gay tor nor
co ta hu ta ge

Massage



တၢ်စံးနီၣ်ခိ
ta si nor co

Podiatrist



ပှၤကယၢစုမုၢ်ဒိၣ်မုၢ်
pwa ker yer su me kaw me

Shower



လုၢ်ထံ
lu tee

Toilet



တၢ်ဟးလီၢ်
ta ha law

Wash Hands



သ့စု
thay sue

Clean Teeth



ထူးမဲ
too me

Clean Room



မၤကဆိၣ်ဒါး
ma ker shgaw due

Get Up



ဂဲၤဆၢထီၣ်
ge cher ter

Get Dressed



သိးထီၣ်
thoe taw

Get Dressed



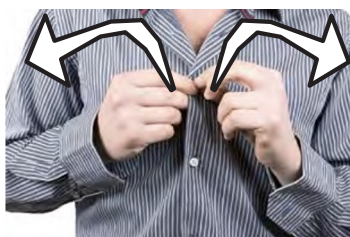
သိးထီၣ်
thoe taw

Get Undressed



ဘ့ၣ်လီၤ
bay law

Get Undressed



ဘ့ၣ်လီၤ
bay law

Rest



အိၣ်ဘျဲး
oh bwi

Sleep



မံ
mi

Exercise



မၤနီၣ်ခိတၢ်ဟူးတၢ်ဂဲၤ
ma naw co ta hu ta ge

Activities



တၢ်ဟူးတၢ်ဂဲၤ
ta hu ta ge

Go for a Walk



ဟးလိာ်ကွဲလၢခိၣ်
ha loe gwe ler kaw

Go to the Garden



လဲၤဟးဆူဖီကရၢၢ်
le ha chu paw ker rur

Telephone



လီတဲစိ
law te soe

Radio



ကွဲလုလိ
kwe lay loe

Music



တၢ်သျှၣ်ဝံၣ်သးဆၢ
ta thu wi tha cher

Film



တၢ်ဂီၤမူ
ta gaw moo

TV



ကွဲဟူဖ
gwe hu pla

Taxi



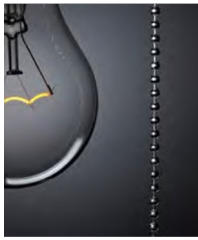
သိလုၣ်ဒီးလဲ
thoe lay doe le

Light On



အိးထီၣ်မ့ၣ်အူ
Oh taw me au

Light Off



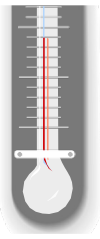
ပံးမ့ၣ်အူ
pi me au

What Time?



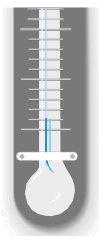
ပွဲၤန့ၣ်ရံၣ်လံၣ်
pwe na ri li le?

Hot



တၢ်ကိၢ်
ta ko

Cold



တၢ်ခုၣ်
ta kue

Like



ဘၣ်သး
ba tha

Dislike



တဘၣ်သး
ter ba tha

Want



သးလီ
tha law

Don't Want



တသးလီ
ter tha law

Book



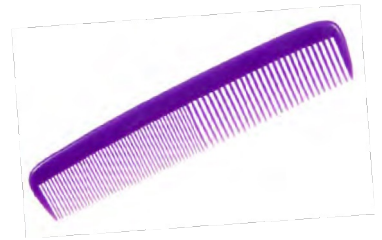
လံာ်
li

Glasses



မၢ်ဒီး
me doe

Comb



သံာ်
thi

Watch



နာ်ရံာ်
na ri

Jewellery



တၢ်ကယၢကယဲ
ta ker yer ker ye

Makeup



တၢ်ကယၢမဲာ်
ta ker yer me

Hearing Aid



ပီးလီမၤတၢ်နာ်ဟူ
paw law ma ser ta na hu

Dentures



မဲဒီး
me doe

Incontinence Pad



သးပုၤခံပး
tha pwa ki pa

Tissues



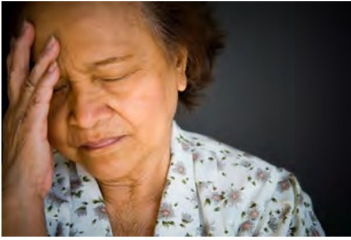
စးခိထံးရှူ
sa ko ti sue

Pillow



ခိာ်သခါာ်
paw law ma ser ta na hu

Pain



ဆါ
cha

Pain Killer



ကသံၣ်မၤဘျါတၢ်ဆါ
ke rthi ma bla ta cha

Medication



ကသံၣ်ကသီ
ker thi ker thaw

Walking Stick



နီၣ်ထိးဘိ
naw toh boe

Walking Frame



စုတယၢ်
su ter ya

Wheeled Walker



လုၣ်ဆီၣ်စုတယၢ်
naw chaw su ter ya

Wheelchair



လီၤဆုၣ်နီၤလုၣ်ပး
law chay naw le pa

Umbrella



သဒါမုၢ်
ther der mu

Dressing Gown



ဆွဲကၤဖးထီ
chay ka pa taw

Sleepwear



ဆွဲကၤမံ
chay ka mi

Slippers



ခိၣ်ထံးဒီးလၢဟံၣ်ပူၤ
kaw pi doe ler hi pu

Underwear



ဖျိၣ်ခံမိ
plaw ki poe

Socks



ခိၣ်ဖျိၣ်
kaw plaw

Shirt



ဆွဲကၤ
chay ka

Trousers



ဖျိၣ်ခံထီခိၣ်
plaw ki taw kaw

Skirt



စကၤး
sa ker

Dress



ဟံၣ်မုၢ်ဆွဲကၤဖးထီ
paw mu chay ka pa taw

Jumper



ဆွဲကၤလၢၤ
chay ka ler

Shoes



ခိၣ်ဖံး
kaw pi

Coat



ဆွဲကၤခိး
chay ka co