

Communication Cards

English / Latvian

Version 2023 4up



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.

Šo informāciju apkopojis Kultūras daudzveidības centrs novecošanās 2023. gadā.

Šo publikāciju finansēja Austrālijas valdības Veselības un veco ļaužu aprūpes departaments.

© Centre for Cultural Diversity in Ageing 2023.

Breakfast



Brokastis

bro-khas-tis

Breakfast



Brokastis

bro-khas-tis

Breakfast



Brokastis

bro-khas-tis

Lunch



Pusdienas

pus-dy-e-nas

Lunch



Pusdienas

pus-dy-e-nas

Dinner



Vakariņas

vak-ha-ri-nyas

Dinner



Vakariņas

vak-ha-ri-nyas

Fish



Zivs

siv-s



Chicken



Vista

vis-tah

Beef



Liellops

li-e-lo-phs

Lamb



Jērs

yeh-rs

Pork



Cūkgaļa

tsuk-gha-la

Water



Ūdens

uh-dens

Juice



Sula

suh-la

Tea



Tēja

teh-ya

Sugar



Cukurs

tsuk-hurs

Milk



Piens

pi-e-ns

Coffee



Kafija

kaf-iy-a

Beer



Alus

ah-lus

Wine



Vīns

vih-ns

Vegetarian



Veģetāriešu

ve-ghe-tah-ri-e-shu

Kosher



Košera

ko-she-r-a

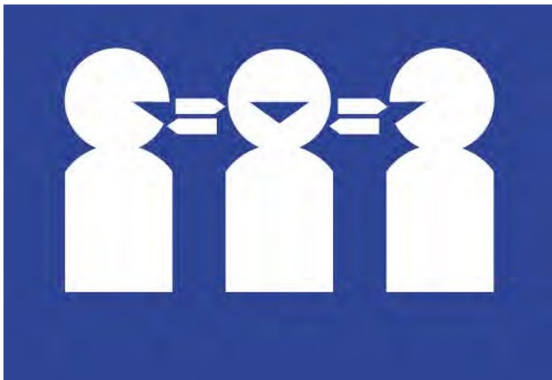
Halal



Halal

ha-lal

Interpreter



Tulks

tu-lks

Family



Ģimene

ghi-meh-ne

Priest



Mācītājs

mah-tsi-tah-ys

Priest



Mācītājs

mah-tsi-tah-ys

Rabbi



Rabīns

ra-bihn-s

Imam



Imams

ihm-mams

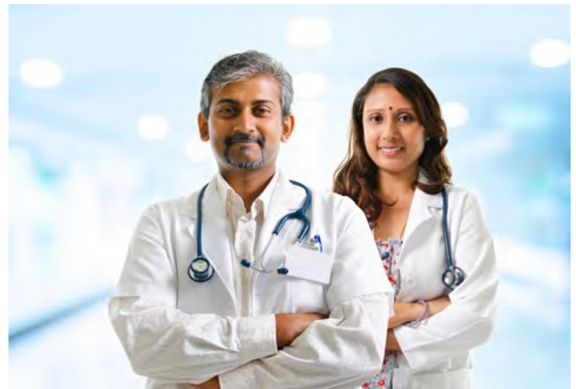
Monk



Mūks

muh-ks

Doctor



Ārsti

ahr-sts

Nurse



Medmāsa

med-mah-sa

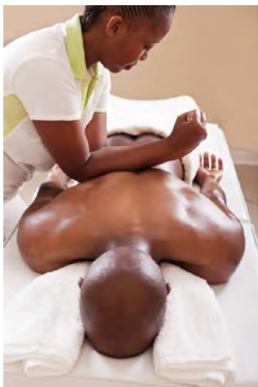
Physiotherapist



Fizioterapeits

phi-sio-teh-ra-pe-i-ts

Massage



Masāža

mah-sah-sha

Podiatrist



Podologs

poh-do-logs



Shower



Duša

duh-sha

Toilet



Tualete

tu-ah-let-e

Wash Hands



Mazgāt rokas

mas-ghat roh-kas

Clean Teeth



Tīrīt zobus

tih-riht zob-hus



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards Saziņas kartītes angļu valodā

Clean Room



Tīrīt istabu

tih-rit is-tab-hu

Get Up



Piecelties

pi-e-tsel-ti-es

Get Dressed



Sagērbties

sa-gherb-ti-es

Get Dressed



Sagērbties

sa-gherb-ti-es

Get Undressed



Noģērbties

no-gherb-ti-es

Get Undressed



Noģērbties

no-gherb-ti-es

Rest



Atpūsties

at-puh-sti-ehs

Sleep



Gulēt

guh-let

Exercise



Vingrot

vin-ghrot

Activities



Aktivitātes

akh-ti-vi-tah-tes

Go to the Garden



iet uz dārzu

iet uz dahr-su

Go for a Walk



Pastaigāties

pas-tai-gha-ti-es

Telephone



Telefons

teh-le-pons

Taxi



Taksometrs

tak-so-met-rs

Radio



Radio

rah-dio

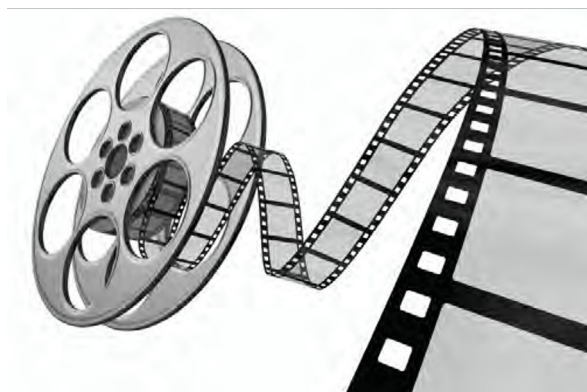
Music



Mūzika

muh-si-ka

Film



Filma

phil-ma

TV



Televizors

teh-le-vi-sors

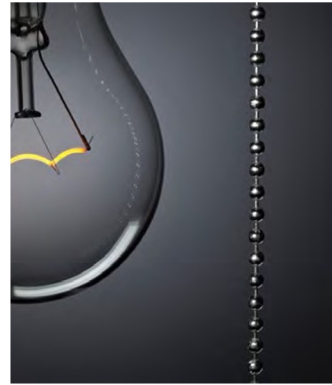
Light On



Deg

dehg

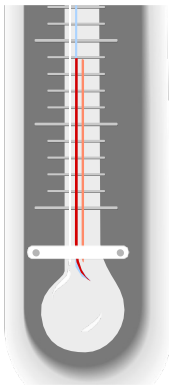
Light Off



Nedeg

neh-degh

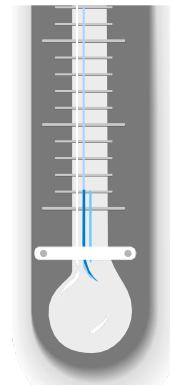
Hot



Karsts

kah-rsts

Cold



Auksts

aukh-sts

Like



Patīk

pa-tikh

Dislike



Nepatīk

neh-pa-tikh

Want



Gribu

grih-bu

Don't Want



Negribu

neh-grih-bu

What Time?



Cik pulkstenis?

cikh pulk-steh-nis?



Book



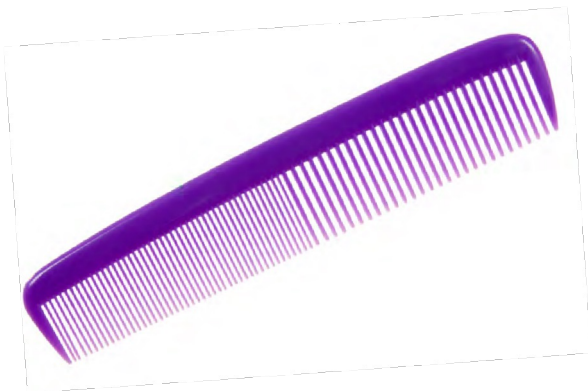
Grāmata
grah-mah-ta

Glasses



Brilles
brih-les

Comb



Ķemme
kyeh-me

Makeup



Kosmētika
khos-meh-tikh-a

Watch



Pulkstenis

pulkh-steh-nis

Jewellery



Rotas

roh-tas

Hearing Aid



Dzirdes aparāts

dsir-dhes a-pah-rahts

Dentures



Protēzes

proh-the-ses



Tissues



Salvetes

sal-vhe-tes

Incontinence Pad



Autiņbikses

au-tihn-bikh-ses

Pillow

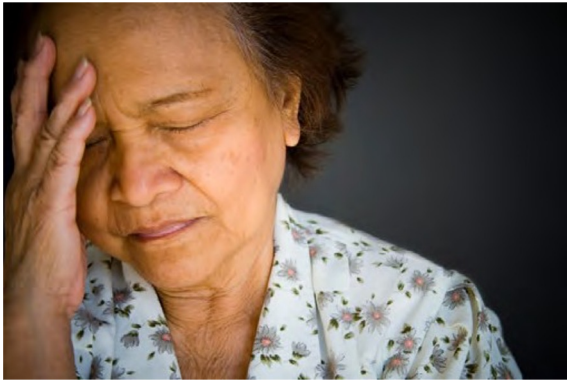


Spilvens

spil-vehns



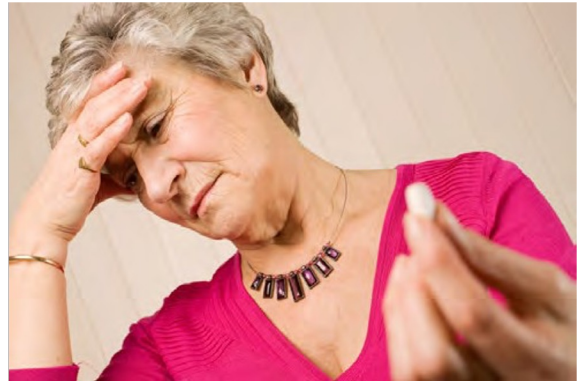
Pain



Sāpes

sap-hes

Painkiller



Sāpju zāles

sap-hyu sah-les

Medication



Zāles

sah-les

Umbrella



Lietussargs

lieh-tus-sar-ghs

Walking Stick



Spieķis

spiekh-is

Walking Frame



Iešanas rāmis

ieh-sha-nas rah-mis

Wheeled Walker



Iešanas ratiņi

ieh-sha-nas rah-ti-nyi

Wheelchair



Ratiņkrēsls

ra-tihn-khres-ls

Dressing Gown



Halāts

ha-lahts

Sleepwear



Pidžama

pi-dja-mah

Slippers



Čības

tshi-bas

Underwear



Apakšveļa

apaksh-veh-lha



Shirt



Krekls

kek-ls

Dress



Kleita

klei-tah

Trousers



Bikses

bik-ses

Skirt



Svārki

svar-khi

Socks



Zekes

ze-khes

Shoes



Kurpes

kur-phes

Jumper



Džemperis

jem-phe-ris

Coat



Mētelis

meh-teh-lis