

Bilingual Phrase Cards

Plain English/English

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.

© Centre for Cultural Diversity in Ageing 2023.

Hello/Goodbye.

Hello/Goodbye.

heh-low/gud-bai.

Plain English

Welcome.

Welcome.

wel-km.

Plain English

Good morning.

Good morning.

gud mawr-ning.

Plain English

Good afternoon.

Good afternoon.

gud af-ter-noon.

Plain English

Happy Birthday!

Happy Birthday!

ha-pee burth-dey!

Plain English

Happy Anniversary!

Happy Anniversary!

ha-pee an-uh-vur-suh-ree!

Plain English

Merry Christmas!

Merry Christmas!

meh-ree kris-muhs!

Plain English

Happy New Year!

Happy New Year!

ha-pee nyoo yeer!

Plain English

Thank you so much.

Thank you so much.

thang-k yoo soh muhch.

Plain English

You're welcome.

You're welcome.

yawr wel-km.

Plain English

My name is...
I will be caring for
you today.

My name is...
I will be caring for you today.

mahy neym iz...
i wil bee keh-ring fawr yoo tuh-dey.

Plain English

Sorry I disturbed you.

Sorry for disturbing you.

so-ree I dihs-turbd yoo.

Plain English

I am sorry.

I am sorry.

i am so-ree.

Plain English

How are you?

How are you?

hou ah yoo?

Plain English

How are you
feeling today?

How are you feeling today?

hou ah yoo fee-ling tuh-dey.

Plain English

Let's start.

Come on dear,
Let's get started!

letz stahrt.

Plain English

I would love you
to help me.

I would love you to help me.

i wood luhv yoo too help mee.

Plain English

Can you help
me, please?

Can you help me, please?

kan yoo help mee, pleez?

Plain English

I will help you.

I will help you.

i wil help yoo.

Plain English

Would you like to
have a shower?

Would you like to have a shower?

wood yoo lahyk too hav ah shou-er?

Plain English

Show me what you
would like to wear.

What would you like to wear?

shoh mee wot you wood lahyk too wair.

Plain English

Here is the soap.

Here is the soap.

heer iz thee sohp.

Plain English

Feel the water.

Touch the water.

feel thee wot-er.

Plain English

How is the water?
Is it good? Is it too hot?
Is it too cold?

Is the water hot or cold?

hau iz thee wot-er? iz it good?
iz it too hot? iz it too kohld?

Plain English

Your shower is finished.

Showering is finished.

yawr shou-er iz fin-isht.

Plain English

Let me dry you.

Let me dry your body.

let mee drahy yoo.

Plain English

Let me help you
get dressed.

Let me help you get dressed.

let mee help yoo get dres-d.

Plain English

You look great!

Done.
Now you look great!

yoo luhk grey-t!

Plain English

Are you ready?

Are you ready?

ah yoo reh-dee?

Plain English

Do you need to go
to the toilet?

Do you need the toilet?

doo yoo need too goh too thee toy-luht?

Plain English

I will walk with you
to the dining room.

I will walk with you to the dining room.

i wil wawk wi-th yoo too thee dai-ning room.

Plain English

Sit down on the
chair, please.

Let's sit down on the chair, please.

sit doun on thee che-uh, pleez.

Plain English

Let's go to your room.

We are going to your room.

letz go too yawr room.

Plain English

Let's go to the toilet.

We are going to the toilet.

letz go too thee toy-luht.

Plain English

This is your toilet.

This is your toilet.

this iz yawr toy-luht.

Plain English

This is your bathroom.

This is your bathroom.

this iz yawr bahth-room.

Plain English

This is your room.

This is your room.

this iz yawr room.

Plain English

Let me change
your clothes.

Let me change your clothes.

let mee chey-nj yawr klohz.

Plain English

It is time to sleep.

Please go to sleep.

it iz tahym too s-sleep.

Plain English

Good night.

Good night.

gud nahyt.

Plain English

It is time for breakfast.

It is breakfast time

it iz tahym for brek-fuhst.

Plain English

It is time for morning/
afternoon tea.

It is time for morning/afternoon tea.

it iz tahym for mawr-ning/af-ter-noon tee.

Plain English

It is time for lunch.

It is lunch time.

it iz tahym for luhnh.

Plain English

It is time for dinner.

It is dinner time.

it iz tahym for din-er.

Plain English

Do you want soup?

Do you want soup?

doo yoo wawnt soop?

Plain English

Do you want the
main course?

Do you want the main course?

doo yoo wawnt thee mayn kors?

Plain English

Do you want dessert?

Do you want dessert?

doo yoo wawnt deh-ssuht?

Plain English

Do you want tea or coffee?

Do you want tea or coffee?

doo yoo wawnt tee or ko-fee?

Plain English

Do you want bread?

Do you want bread?

doo yoo wawnt bred?

Plain English

Do you want rice?

Do you want rice?

doo yoo wawnt rise?

Plain English

Do you want potatoes?

Do you want potatoes?

doo yoo wawnt puh-tey-tohs?

Plain English

Do you want pasta?

Do you want pasta?

doo yoo wawnt pa-stuh?

Plain English

Do you want a banana?

Do you want a banana?

doo yoo wawnt a ba-na-na?

Plain English

Do you want sugar?

Do you want sugar?

doo yoo wawnt shoo-ger?

Plain English

Do you want chicken?

Do you want chicken?

doo yoo wawnt chik-uhn?

Plain English

Do you want fish?

Do you want fish?

doo yoo wawnt fee-sh?

Plain English

Do you want lamb?

Do you want lamb?

doo yoo wawnt lam?

Plain English

Do you want beef?

Do you want beef?

doo yoo wawnt beef?

Plain English

Do you want juice?

Do you want juice?

doo yoo wawnt joo-s?

Plain English

Do you want salt?

Do you want salt?

doo yoo wawnt solt?

Plain English

Do you want salad?

Do you want salad?

doo yoo wawnt sa-luhd?

Plain English

Do you want vegetables?

Do you want vegetables?

doo yoo wawnt vej-tuh-buhls?

Plain English

Do you want water?

Do you want water?

doo yoo wawnt wot-er?

Plain English

Is the meal nice?

Is the meal nice?

iz thee meel nahys?

Plain English

Is it too hot?

Is it too hot?

iz it too hot?

Plain English

Is it too cold?

Is it too cold?

iz it too kohld?

Plain English

Is it good?

Is it good?

iz it gud?

Plain English

Do you want more soup?

Do you want more soup?

doo yoo wawnt mor soop?

Plain English

Do you want more fruit?

Do you want more fruit?

doo yoo wawnt mor froot?

Plain English

Are you hungry?

Are you hungry?

ah yoo hung-gree?

Plain English

Have you eaten enough?

Have you eaten enough?

hav yoo eetn ih-nuhf?

Plain English

Have you finished?

Have you finished?

hav yoo fin-isht?

Plain English

Are you thirsty?

Are you thirsty?

ah yoo thur-stee?

Plain English

Please eat.

Please eat.

pleez eet.

Plain English

Why do you look sad?

Why do you look sad?

wahy doo yoo look sad?

Plain English

'Is something worrying
you?' (yes/no response).
Are you able to tell me
what it is?

What is worrying you?

iz suhm-thing wur-ee-ing yoo?
ah yoo ey-buh tuh tel mee wot it iz?

Plain English

You're upset.
Are you comfortable
to tell me why?

You're upset.
Would you like to tell me why?
Only if you're comfortable.

yawr uhp-set.
ah yoo kuhm-fer-tuh-buhl tuh tel mee wahy?

Plain English

You're angry.
Are you comfortable
to tell me why?

You're angry.
Would you like to tell me why?
Only if you're comfortable.

yawr ang-gree.
ah yoo kuhm-fer-tuh-buhl tuh tel mee wahy?

Plain English

Please don't cry.
Everything will be fine.

Please don't cry.
Everything will be fine.

pleez dohnt krahy.
ev-ree-thing wil bee fahyn.

Plain English

Can I talk to you,
please?

Can I talk to you, please?

kan i tawk too yoo pleez.

Plain English

I need to talk to
you, please.

I need to talk to you, please.

i need tuh tawk too you pleez.

Plain English

Do you need help?

Do you need help?

doo yoo need help?

Plain English

I am here to help you.

I am here to help you.

i am heer tuh help yoo.

Plain English

What can I do for you?

What can I do for you?

wot kan i doo for yoo?

Plain English

Can you walk?

Can you walk?

kan yoo wawk?

Plain English

I can see that you're
finding it hard to walk.
Let me help you.

I can see that you're
finding it hard to walk.
Let me help you.

i kan see thought yawr fahyn-ding it hard tuh wawk.
let mee help yoo.

Plain English

Tell me what's wrong.

Tell me what's wrong.

tel mee wotz ron.

Plain English

What happened?

Oh my goodness,
what happened?

wot ha-pen-d?

Plain English

This is the nurse.

This is the nurse.

this iz thee nurs.

Plain English

This is the doctor.

This is the doctor.

this iz thee dok-ter.

Plain English

The nurse is here
to help you.

The nurse is here to help you.

thee nurs iz heer too help yoo.

Plain English

The doctor is here
to help you.

The doctor is here to help you.

thee dok-ter iz heer too help yoo.

Plain English

The doctor would like
to check you.

The doctor would like to examine you.

thee dok-ter wood lahyk too chek yoo.

Plain English

Open your mouth, please.

Open your mouth, please.

oh-puhn yawr mou-th, pleez.

Plain English

Breathe in and out.

Breathe in and out.

bree-th in and out.

Plain English

Where does it hurt?
Where is the pain?

Where does it hurt?
Where is the pain?

wair dohz it hert? wair iz thee payn?

Plain English

Does it feel itchy?

Does it feel itchy?

dohz it feel ich-ee?

Plain English

Do you have a headache?

Do you have a headache?

doo yoo hav a hed-eyk?

Plain English

Do you have stomach pain?

Do you have stomach pain?

doo yoo hav sturm-uhk payn?

Plain English

Do you feel dizzy?

Do you feel dizzy?

doo yoo feel diz-ee?

Plain English

Can you breathe normally?

Can you breathe?

kan yoo bree-th nawr-muh-lee?

Plain English

Did you vomit?

Have you vomited?

Did yoo vomit?

Plain English

Do you feel sick?

Do you feel sick?

doo yoo feel sik?

Plain English

Do you need to vomit?

Do you feel like
you need to vomit?

Doo yoo need tuh vomit?

Plain English

Does your back hurt?

Does your back hurt?

dohz yawr bak hert?

Plain English

Does your hip hurt?

Does your hip hurt?

dohz yawr hip hert?

Plain English

Are you uncomfortable?

Are you uncomfortable?

ah yoo uhn-kuhm-fer-tuh-buh

Plain English

Can you sit down, please?

Can you sit down, please?

kan yoo sit down, pleez?

Plain English

Are you constipated?
Do you have diarrhoea?

Are you constipated?

ah yoo kon-stuh-pey-tid?
doo yoo hav dahy-uh-ree-uh?

Plain English

Are you hot?

Are you hot?

ah yoo hot?

Plain English

Are you cold?

Are you cold?

ah yoo kohld?

Plain English

Monday

Monday

mun-dey

Plain English

Tuesday

Tuesday

too-s-dey

Plain English

Wednesday

Wednesday

when-s-dey

Plain English

Thursday

Thursday

thuh-s-dey

Plain English

Friday

Friday

fry-dey

Plain English

Saturday

Saturday

sat-uh-dey

Plain English

Sunday

Sunday

sun-dey

Plain English

January

January

jan-yoo-er-ee

Plain English

February

February

feb-roo-er-ee

Plain English

March

March

mahrch

Plain English

April

April

ey-pruhl

Plain English

May

May

mey

Plain English

June

June

joon

Plain English

July

July

joo-lahy

Plain English

August

August

aw-guhst

Plain English

September

September

sep-tem-ber

Plain English

October

October

ok-toh-ber

Plain English

November

November

no-vem-ber

Plain English

December

December

dih-sem-ber

Plain English

Year

Year

yeer

Plain English

Do you like flowers?

Do you like flowers?

doo yoo lahyk flou-ers?

Plain English

Do you like fruit?

Do you like fruit?

doo yoo lahyk froot?

Plain English

Do you like
watching videos?

Do you like watching videos?

doo yoo lahyk woch-ing vid-ee-ohs?

Plain English

What would you like
to do now?

What would you like to do now?

wot wood yoo lahyk tuh doo nou?

Plain English

Do you like reading?
What do you read?

What books do you read?

doo yoo lahyk reeding?
wot doo yoo reed?

Plain English

How adorable!

How adorable!

hau uh-dawr-uh-buh!

Plain English

Is it cold in your room?

Is it cold in your room?

iz it kohld in yawr room?

Plain English

Do you want me to
contact your family?

Do you want me to contact
your family?

doo yoo wawnt mee tuh kon-takt yawr fam-lee?

Plain English

Do you need
fresh clothes?

Do you need fresh clothes?

doo yoo need fre-sh klohz?

Plain English

Can you exercise
without pain?

Can you exercise without pain?

kan yoo ek-ser-sahyz with-out payn?

Plain English

When do you want
to see your family?

When do you want to see your family?

wen doo yoo wawnt tuh see yawr fam-lee?

Plain English

Do you want to see
the doctor?

Do you want to see the doctor?

doo yoo wawnt tuh see thee dok-ter?

Plain English

Do you want to
see the hairdresser?

Do you want to see the hairdresser?

doo yoo wawnt tuh see thee hair-dres-er?

Plain English

Do you want to
see the podiatrist?

Do you want to see the podiatrist?

doo yoo wawnt tuh see thee puh-dahy-uh-trist?

Plain English

Do you want to join
our activity?

Do you want to join our activity?

doo yoo wawnt tuh joyn ou-uhr ak-tiv-i-tee?

Plain English

Do you want to come
to the dining room?

Do you want to come
to the dining room?

doo yoo wawnt tuh kum too thee dai-ning room?

Plain English

Do you want to eat
in your room?

Do you want to eat in your room?

doo yoo wawnt tuh eet in yawr room?

Plain English

The shower is in
the morning.

The shower is in the morning.

thee shou-er iz in thee mawr-ning.

Plain English