

Communication Cards

English / Somali

Version 2023 12up



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Waxaa so aruurisay macluumaadkan Xarunta Kala Duwanaanta Dhaqanka ee Ageing sanadka 2023-da.

Waxaa maalgelisay daabacaadan Waaxda Caafimaadka iyo Daryeelka Dadka Da'da ah ee Dowladda Australia.

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Breakfast



Quraac

ku-ra

Breakfast



Quraac

ku-ra

Breakfast



Quraac

ku-ra

Lunch



Qado

ka-do

Lunch



Qado

ka-do

Dinner



Casho

a-sho

Dinner



Casho

a-sho

Fish



Kalluun

ka-loon

Chicken



Digaag

di-gag

Beef



Hilibka lo'da

he-lib-ka lo'da

Lamb



Wanka/Idaha

one-ka/e-da-ha

Pork



Hilib doofaarka

he-lib do-far

Water



Biyo

b-yo

Juice



Casiirka

a-sir-ka

Tea



Shaaha

sha-ha

Sugar



Sonkor

son-core

Milk



Caano

a-no

Coffee



Kafee/Qaxwo

ca-fe/kah-wo

Beer



Khamri

kam-ri

Wine



Khamri

kam-ri

Vegetarian



Khudaar-quute

koo-dar-koo-te

Kosher



Raashinka ay cuni
karaan yuhuuda

ra-shin-ay-ooni-ka-ran ya-huda

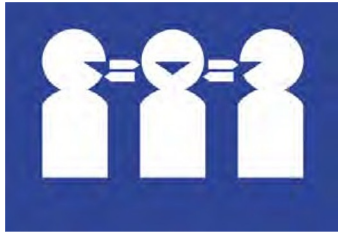
Halal



Xalaal

ha-lal

Interpreter



Turjubaan

toor-ju-ban

Family



Qoyska

koys-ka

Priest



Wadaad masiixi ah

wa-dad ma-si-hi ah

Rabbi



Wadaadka yuhuuda

wa-dad-ka ya-huda

Imam



Imaam

e-mam

Priest



Wadaad masiixi ah

wa-dad ma-si-hi ah

Nurse



Kalkaalisada

kal-ka-lee-sa-da

Doctor



Dhakhtar

dak-tar

Monk



Monk

monk

Physiotherapist



Daaweeye jireed

da-we-ye ji-red

Massage



Duugista

du-kis-ta

Podiatrist



Dhaqtarka cagaha

dhak-tar-ka aa-ka-ha

Shower



Qubeyska
ku-bays-ka

Toilet



Musqusha
moos-ku-sha

Wash Hands



Gacmaha dhaq
ga-ma-ha dak

Clean Teeth



Ilkaha nadiifi
il-ka-ha na-dee-fi

Clean Room



Qolka nadiifi
kol-ka na-dee-fi

Get Up



Kac
ka

Get Dressed



Dharka xidho
dar-ka he-dho

Get Dressed



Dharka xidho
dar-ka he-dho

Get Undressed



Dharka iska Bixi
dar-ka is-ka bee-he

Get Undressed



Dharka iska bixi
dar-ka is-ka bee-he

Rest



Naso

na-so

Sleep



Hurdo

hoor-do

Exercise



Jimicsi

gee-mi-se

Activities



Hawlaha

how-la-ha

Go for a Walk



Orod oo soco

o-rod o so-o

Go to the Garden



Beerta tag

ber-ta tak

Telephone



Taleefanka

ta-le-fun-ka

Radio



Raadiyaha

ra-di-ya-ha

Music



Muusiga

moo-see-ka

Film



Filim

fi-lim

TV



Talafishin

tele-vision

Taxi



Taksi

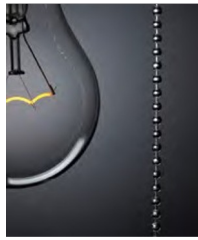
tax-si

Light On



Nalka daaran
nal-ka da-run

Light Off



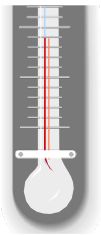
Nalka dansan
nal-ka dan-son

What Time?



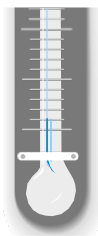
Waqtigee?
wak-tee-ge

Hot



Kuleel
koo-lel

Cold



Qabow
ka-bow

Like



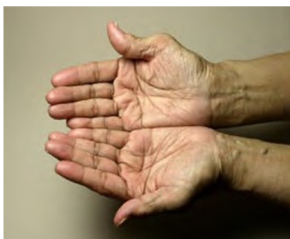
Sida/Ka helitaan
see-da/ka-hel-lee-tan

Dislike



Necbahay
ne-ba-hay

Want



Rabitaan
ra-bee-tan

Don't Want



Ma rabo
ma-ra-bo

Book



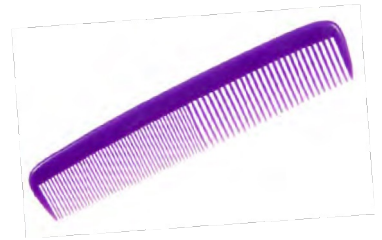
Buug
book

Glasses



Ookiyaale
o-kee-ya-le

Comb



Shanlo
shan-lo

Watch



Daawo/Saacad
da-wo/sa-ad

Jewellery



Dahab
da-hab

Makeup



Isqurxin
is-kur-heen

Hearing Aid



Gargaarka maqalka
kar-kar-ka ma-kal-ka

Dentures



Ilkaha fake ga ah
eel-ka-ha fake ka ah

Incontinence Pad



Xafaayad
Ha-fa-yad

Tissues



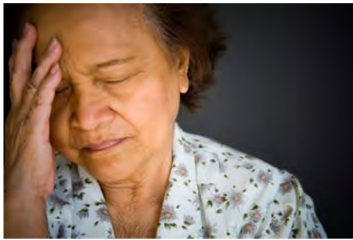
Tiishuu/Nudaha
ti-shoe/noo-da-ha

Pillow



Barkin
bar-kin

Pain



Xanuun
ha-noon

Pain Killer



Xanuun baabiiye
ha-noon ba-bee-e-ye

Medication



Daawooyinka
da-wo-yin-ka

Walking Stick



**Usha lagu socdo/
Bukoorad**
oo-sha la-koo so'do/boo-ko-rad

Walking Frame



**Biraha afarta lugood
leh ee lagu socdo**
bee-ra-ha a-far-ta loo-god
leh e la-goo so-do

Wheeled Walker



**Biraha afarta lugood leh
ee lagu socdo**
bee-ra-ha a-far-ta loo-god
leh e la-goo so-do

Wheelchair



Kursiga curyaanka
koor-si-ka ur-yan-ka

Umbrella



Dallada
da-la-da

Dressing Gown



Dharka jiifka
dar-ka jif-ka

Sleepwear



Dharka jiifka
dar-ka-jif-ka

Slippers



Dacas
da-as

Underwear



Kastuumo/Nigis
dar-ka-jif-ka

Socks



Sharaabaad/Sokisaan
sha-ra-bad/so-ki-son

Shirt



Shaarti/Shaadhka
sha-tee/shad-ka

Trousers



Saraawiisha
sa-ra-wee-sha

Skirt



Goono
go-no

Dress



Dirac
dee-ra

Jumper



Funaanad dhaxameed
foo-na-nad dha-ha-med

Shoes



Kabaha
ka-ba-ha

Coat



Jaakad
ja-kad