

Communication Cards

English / Somali

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.

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.

© Centre for Cultural Diversity in Ageing 2023.



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

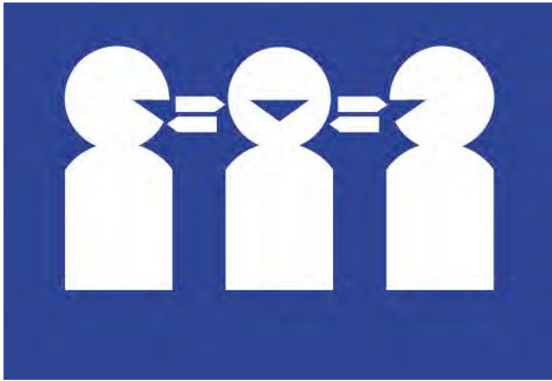
Halal



Xalaal

ha-lal

Interpreter



Turjubaan

toor-ju-ban

Family



Qoyska

koys-ka

Priest



Wadaad masiixi ah

wa-dad ma-si-hi ah

Priest



Wadaad masiixi ah

wa-dad ma-si-hi ah

Rabbi



Wadaadka yuhuuda

wa-dad-ka ya-huda

Imam



Imaam

e-mam

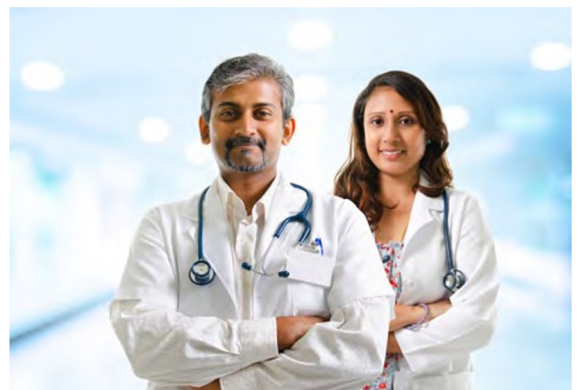
Monk



Monk

monk

Doctor



Dhakhtar

dak-tar

Nurse



Kalkaalisada

kal-ka-lee-sa-da

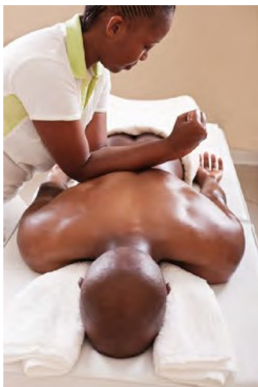
Physiotherapist



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

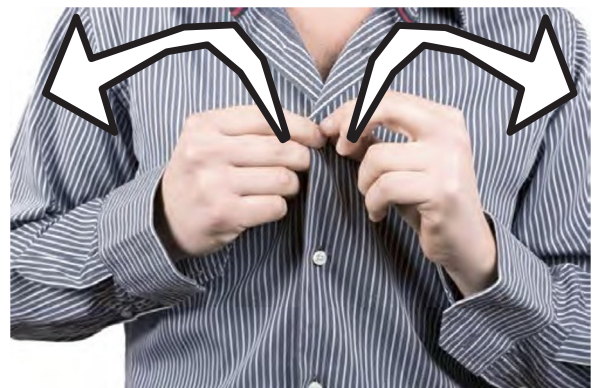
Get Undressed



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 to the Garden



Beerta tag

ber-ta tak

Go for a Walk



Orod oo soco

o-rod o so-o

Telephone



Taleefanka

ta-le-fun-ka

Taxi



Taksi

tax-si

Radio



Raadiyaha

ra-di-ya-ha

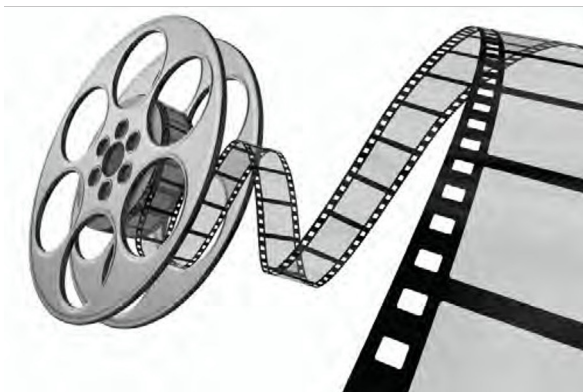
Music



Muusiga

moo-see-ka

Film



Filim

fi-lim

TV



Talafishin

tele-vision

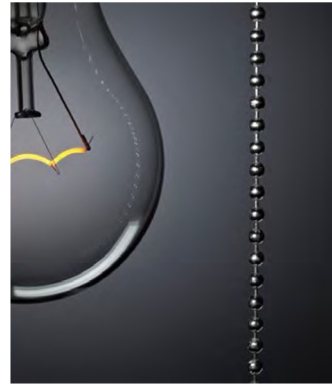
Light On



Nalka daaran

nal-ka da-run

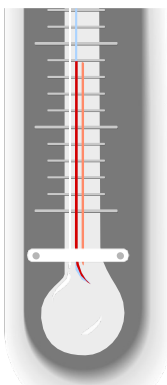
Light Off



Nalka dansan

nal-ka dan-son

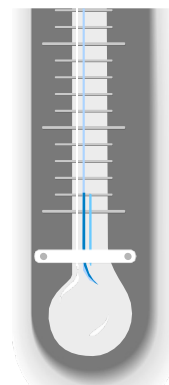
Hot



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



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards Kaararka Isgaadhsiinta ee Luuqadda Ingiriisiga

What Time?



Waqtigee?

wak-tee-ge

Book



Buug

book

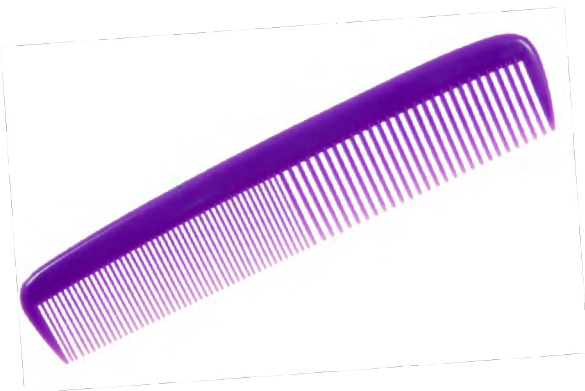
Glasses



Ookiyaale

o-kee-ya-le

Comb



Shanlo

shan-lo

Makeup



Isqurxin

is-kur-heen

Watch



Daawo/Saacad

da-wo/sa-ad

Jewellery



Dahab

da-hab

Hearing Aid



Gargaarka maqalka

kar-kar-ka ma-kal-ka

Dentures



Ilkaha fake ga ah

eel-ka-ha fake ka ah



Tissues



Tiishuu/Nudaha

ti-shoe/noo-da-ha

Incontinence Pad



Xafaayad

Ha-fa-yad

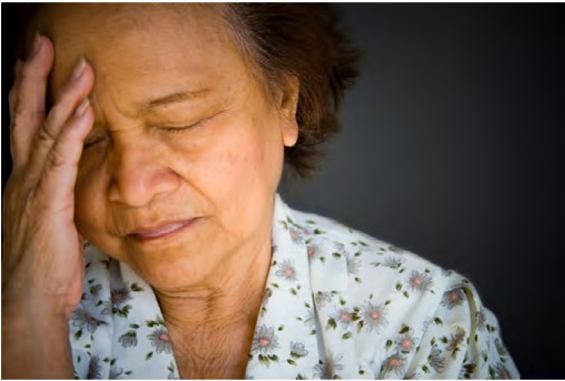
Pillow



Barkin

bar-kin

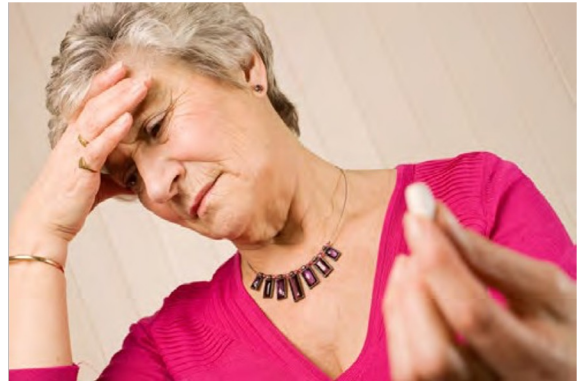
Pain



Xanuun

ha-noon

Painkiller



Xanuun baabiiye

ha-noon ba-bee-e-ye

Medication



Daawooyinka

da-wo-yin-ka

Umbrella



Dallada

da-la-da

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

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

Shirt



Shaarti/Shaadhka

sha-tee/shad-ka

Dress



Dirac

dee-ra

Trousers



Saraawiisha

sa-ra-wee-sha

Skirt



Goono

go-no

Socks



Sharaabaad/Sokisaan

sha-ra-bad/so-ki-son

Shoes



Kabaha

ka-ba-ha

Jumper



Funaanad dhaxameed

foo-na-nad dha-ha-med

Coat



Jaakad

ja-kad