

Communication Cards

English / Spanish

Version 2023 4up



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Breakfast



Desayuno

dehs-ah-yoo-noh

Breakfast



Desayuno

dehs-ah-yoo-noh

Breakfast



Desayuno

dehs-ah-yoo-noh

Lunch



Almuerzo

ahl-mwehr-soh

Lunch



Almuerzo

ahl-mwehr-soh

Dinner



Cena

seh-nah

Dinner



Cena

seh-nah

Fish



Pescado

pehs-kah-doh



Chicken



Pollo

poh-yoh

Beef



Carne de vaca

kahr-neh deh vah-kah

Lamb



Cordero

kohr-deh-roh

Pork



Cerdo

sehr-doh

Water



Agua

ah-gwah

Juice



Jugo

hoo-goh

Tea



Té

teh

Sugar



Azúcar

ah-soo-kahr



Milk



Leche

leh-cheh

Coffee



Café

kah-feh

Beer



Cerveza

sehr-veh-sah

Wine



Vino

vee-noh

Vegetarian



Vegetariano

veh-heh-tah-ryah-noh

Kosher



Kosher

ko-shuhr

Halal

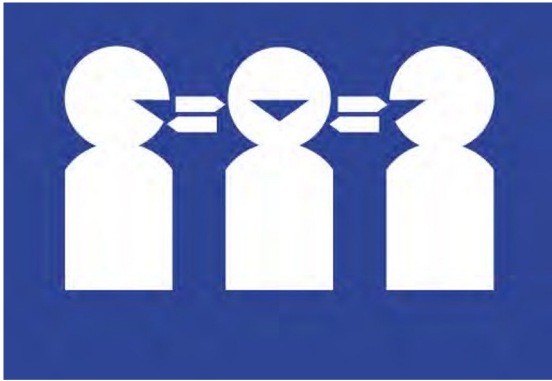


Halal

huh-lal



Interpreter



Intérprete

een-tehr-preh-teh

Family



Familia

fah-mee-lyah

Priest



Sacerdote

sah-sehr-doh-teh

Priest



Sacerdote

sah-sehr-doh-teh

Rabbi



Rabino

rrah-bee-noh

Imam



Imam

ih-mam

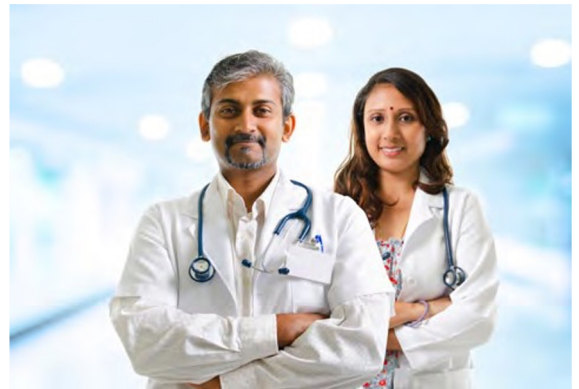
Monk



Monje

mohng-heh

Doctor



Médico (M) / Médica (F)

meh-dee-koh/meh-dee-kah



Nurse



Enfermero (M) / Enfermera (F)

ehn-fehr-meh-roh/ehn-fehr-meh-rah

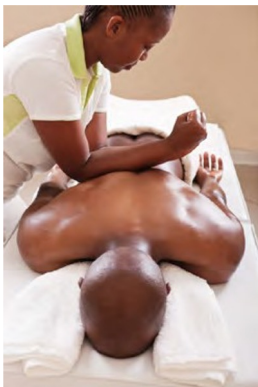
Physiotherapist



Fisioterapeuta

fee-syoh-teh-rah-peyoo-tah

Massage



Masaje

mah-sah-heh

Podiatrist



Podólogo

poh-doh-loh-goh



Shower



Ducha

doo-chah

Toilet



Baño

bah-nyoh

Wash Hands



Lavarse las manos

lah-vahr-she lahs mah-nohs

Clean Teeth



Lavarse los dientes

lah-vahr-she lohs dyehn-tehs



Centre for
Cultural Diversity
in Ageing

Supported by Benetas

English Language Communication Cards
Tarjetas de comunicación en inglés

Clean Room



Limpiar la habitación

leem-pyahr luh uh-bee-tah-syohn

Get Up



Levantarse

leh-vahn-tahr-seh

Get Dressed



Vestirse

vehs-teer-seh

Get Dressed



Vestirse

vehs-teer-seh

Get Undressed



Desvestirse

dehs-vehs-teer-seh

Get Undressed



Desvestirse

dehs-vehs-teer-seh



Rest



Descansar

dehs-kahn-sahr

Sleep



Dormir

dohr-meer

Exercise



Hacer ejercicio

ah-sehr eh-hehr-see-syoh

Activities



Actividades

ahk-tee-vee-dahd-ehs

Go to the Garden



Salir al jardín

sah-leer ahl hahr-deen

Go for a Walk



Salir a caminar

sah-leer ah kah-mee-nahr

Telephone



Teléfono

teh-leh-foh-noh

Taxi



Taxi

tahk-see

Radio



Radio

rrah-dyoh

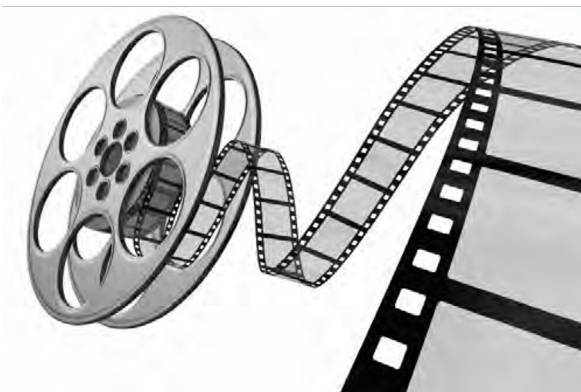
Music



Música

moo-see-kah

Film



Película

peh-lee-koo-lah

TV



Tele

teh-leh

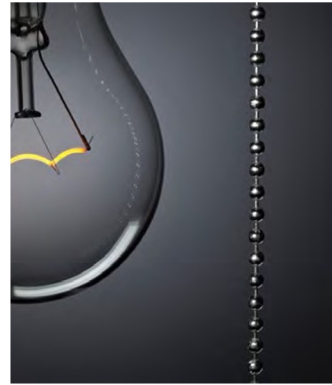
Light On



Luz prendida

loos prehn-dee-dah

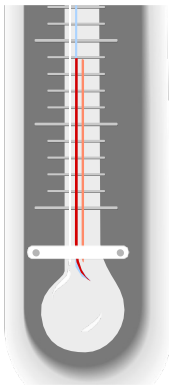
Light Off



Luz apagada

loos ah-pah-gah-dah

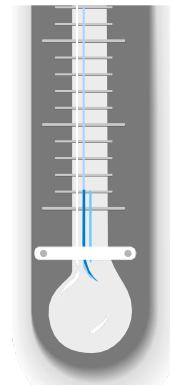
Hot



Caliente

kah-lyehn-teh

Cold



Frío

fryoh

Like



Me gusta
meh goos-tah

Dislike



No me gusta
noh meh goos-tah

Want



Quiero
kyeh-roh

Don't Want



No quiero
noh kyeh-roh

What Time?



¿Qué hora?

keh oh-rah



Book



Libro

lee-broh

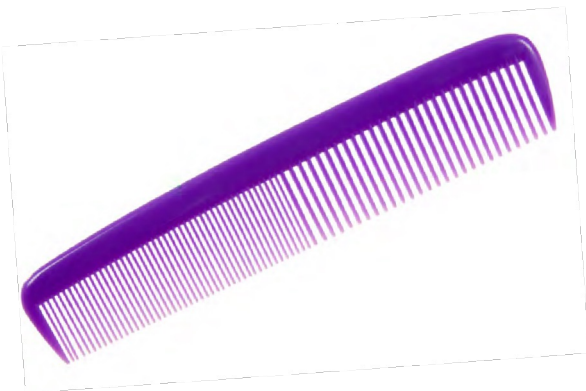
Glasses



Gafas

gah-fahs

Comb



Peine

pey-neh

Makeup



Maquillaje

mah-kee-yah-heh

Watch



Reloj

rreh-lohh

Jewellery



Joyas

hoh-yahs

Hearing Aid



Aparato para los oídos

ah-pah-rah-toh puh-ruh
loh oh-ee-dohs

Dentures



Dentadura postiza

dehn-tah-doo-rah pohs-tee-sah



Tissues



Pañuelos

pah-nyweh-lohs

Incontinence Pad



Pañal de incontinencia

pah-nahl deh
een-kohn-tee-nehn-syah

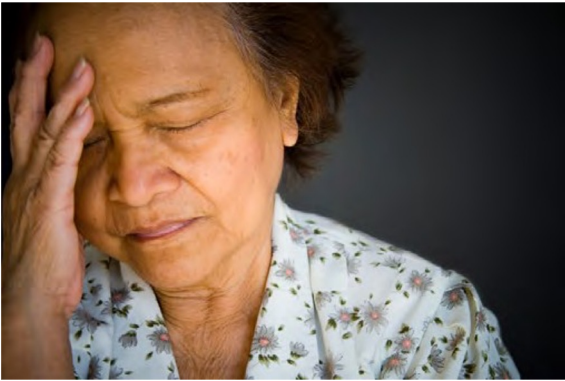
Pillow



Almohada

ahl-moh-ah-dah

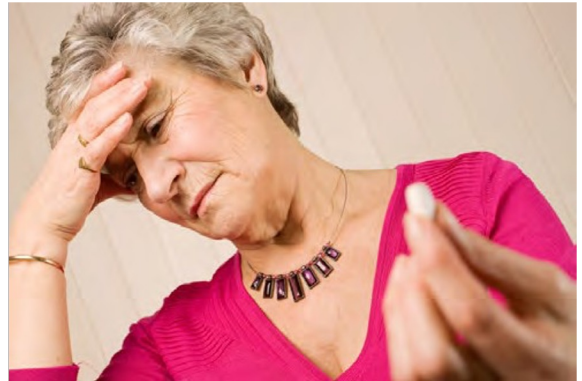
Pain



Dolor

doh-lohr

Painkiller



Analgésico

ah-nahl-heh-see-koh

Medication



Medicamento

meh-dee-kah-mehn-toh

Umbrella



Sombrilla

sohm-bree-yah



Walking Stick



Bastón

bahs-tohn

Walking Frame



Andador

ahn-dah-dohr

Wheeled Walker



Andador con ruedas

ahn-dah-dohr kon rrweh-dahs

Wheelchair



Silla de ruedas

see-yah deh rrweh-dahs

Dressing Gown



Bata

bah-tah

Sleepwear



Ropa de dormir

rroh-pah deh dohr-meer

Slippers



Pantuflas

pahn-too-flahs

Underwear



Ropa interior

rroh-pah een-teh-ryohr

Shirt



Camisa

kah-mee-sah

Dress



Vestido

vehs-tee-doh

Trousers



Pantalón

pahn-tah-lohn

Skirt



Falda

fahl-dah

Socks



Medias

meh-dyahs

Shoes



Zapatos

sah-pah-tohs

Jumper



Saco

sah-koh

Coat



Abrigo

ah-bree-goh