

Communication Cards

English / Tagalog

Version 2023 12up



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.

Pinagsama-sama ang impormasyong ito ng Center for Cultural Diversity in Ageing noong 2023.

Ang publikasyong ito ay pinondohan ng Australian Government Department of Health and Aged Care.

© Centre for Cultural Diversity in Ageing 2023.

Breakfast



Almusal
al-moo-sal

Breakfast



Almusal
al-moo-sal

Breakfast



Almusal
al-moo-sal

Lunch



Tanghalian
tang-haa-lee-an

Lunch



Tanghalian
tang-haa-lee-an

Dinner



Hapunan
haa-poo-nan

Dinner



Hapunan
haa-poo-nan

Fish



Isda
iss-dah

Chicken



Manok
maa-nook

Beef



Karne ng baka
car-neh nang-baka

Lamb



Karne ng tupa
car-neh nang too-pah

Pork



Baboy
baa-boy

Water



Tubig

too-big

Juice



Katas ng prutas o gulay

kaa-tash nang-prue-tash
o goo-lai

Tea



Tsaa

tss-aah

Sugar



Asukal

ash-soo-cal

Milk



Gatas

gaa-tas

Coffee



Kape

kaa-pi

Beer



Serbesa

ser-beh-sah

Wine



Alak

aah-luck

Vegetarian



Hindi kumakain ng karne

hin-dii kuu-mah-kain
nang car-neh

Kosher



Kosher

koos-her

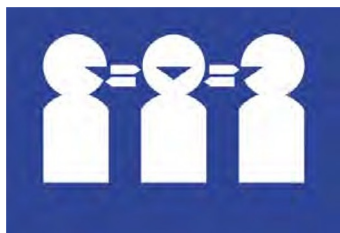
Halal



Halal

hal-al

Interpreter



Taga-interpret
 taga-iint-ter-preteh

Family



Pamilya
 pah-mil-ya

Priest



Pari
 pah-rii

Rabbi



Rabbi
 rab-bye

Imam



Imam
 EE-mam

Priest



Pari
 pah-rii

Nurse



Nars
 narsh

Doctor



Doktor
 dooc-tor

Monk



Monghe
 mong-heh

Physiotherapist



Physiotherapist
 pii-sioo-tera-pist

Massage



Masahe
 mah-saa-he

Podiatrist



Doktor sa paa
 dooc-tor sah-pa-a

Shower



Paligo sa dutsa
pah-lee-go-sa -duut-tsa

Toilet



Kubeta
kuh-be-tah

Wash Hands



Maghugas ng kamay
maag-who-gas nang-camay

Clean Teeth



Magsepilyo
mag-see-pil-yooh

Clean Room



Maglinis ng silid
mag-lee-nis nang see-lead

Get Up



Bumangon
buu-mah-ngon

Get Dressed



Magbihis
maag-bee-his

Get Dressed



Magbihis
maag-bee-his

Get Undressed



Maghubad ng damit
maag-who-bad nang nah-mit

Get Undressed



Maghubad ng damit
maag-who-bad nang nah-mit

Rest



Magpahinga

maag-pa-heen-nga

Sleep



Matulog

maa-two-log

Exercise



Mag-eherisisyo

maag-e-her-sis-show

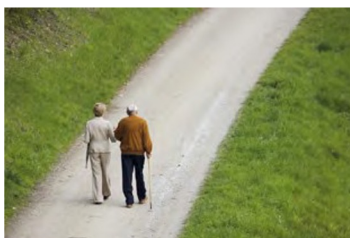
Activities



Mga aktibidad

maa-nga ak-tee-bee-dad

Go for a Walk



Mamasyal

maa-mas-yall

Go to the Garden



Pumunta sa hardin

poo-munta-saa-har-den

Telephone



Telepono

te-le-poo-noh

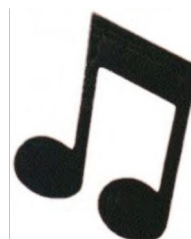
Radio



Radyo

rad-yoh

Music



Musika

mioo-see-ka

Film



Mag-video

mag-vid-yu

TV



TV

teevee

Taxi



Taksi

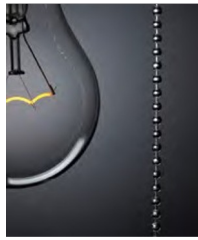
tax-ee

Light On



Buksan ang ilaw
book-san ang eelao

Light Off



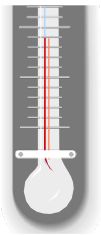
Patayin ang ilaw
pa-ta-yin ang eelao

What Time?



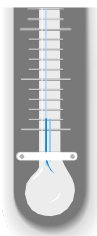
Anong oras?
aa-nong-o-ras

Hot



Mainit
mah-ee-neat

Cold



Malamig
mah-lam-mig

Like



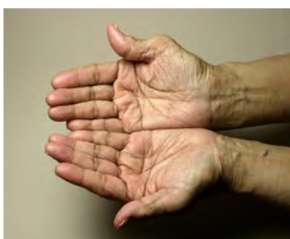
Gusto
gus-toh

Dislike



Ayaw
ai-yao

Want



Gusto
gus-toh

Don't Want



Hindi gusto
hin-dee gus-toh

Book



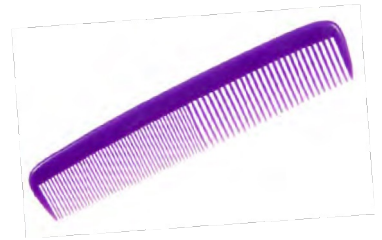
Aklat
aak-lat

Glasses



Mga salamin sa mata
mm-ga sal-ah-min-saa maa-tah

Comb



Suklay
sook-lie

Watch



Relos
ree-los

Jewellery



Alahas
ah-lah-has

Makeup



Makeup
meyk-ap

Hearing Aid



Tulong sa pandinig
too-long-sa-pan-dee-nig

Dentures



Pustiso
poos-tees-o

Incontinence Pad



Incontinence pad
in-con-tinence-pad

Tissues



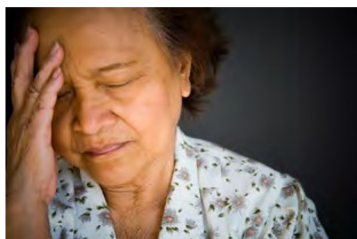
Mga tisyu
mmga-tees-yo

Pillow



Unan
uuh-none

Pain



Pananakit

pann-nana-keet

Pain Killer



Gamot sa pananakit

gah-mot sah-pann-nana-keet

Medication



Gamot

gah-mot

Walking Stick



Baston

bass-ton

Walking Frame



Suporta sa paglakad

soo-porta-sa-pag-lah-lah-cud

Wheeled Walker



**Suporta sa paglakad
na de gulong**

soo-porta-sa-pag-lah-lah-cud
nah-de-guu-long

Wheelchair



Upuang de gulong

uh-puh-ang-de-guu-long

Umbrella



Payong

pai-yong

Dressing Gown



Bata de banyo
baa-taah-de-baan-yo

Sleepwear



Damit-pantulog
dah-meet-pan-two-log

Slippers



Tsinelas
chii-ne-lash

Underwear



Damit-panloob
dah-meet pan-luub

Socks



Medyas
med-yas

Shirt



Kamiseta
ka-meeh-seta

Trousers



Pantalon
pan-ta-lon

Skirt



Palda
pal-dah

Dress



Damit
dah-meet

Jumper



Jumper
jam-per

Shoes



Sapatos
saa-paa-tos

Coat



Amerkana
ah-mer-can-nah