

# Communication Cards

English / Norwegian

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.

Denne informasjonen er utarbeidet av Senter for aldrende kulturelt mangfold (Centre for Cultural Diversity in Ageing) i 2023.

Publikasjonen ble finansiert av departementet for helse og eldreomsorg i Australia (Australian Government Department of Health and Aged Care).

© Centre for Cultural Diversity in Ageing 2023.

## Breakfast



Frokost

froo-cost

## Breakfast



Frokost

froo-cost

## Breakfast



Frokost

froo-cost

## Lunch



Lunsj

lunch

Lunch



Lunsj

lunch

Dinner



Middag

vah-kah-ree-eh-neh

Dinner



Middag

vah-kah-ree-eh-neh

Fish



Fisk

fissk

Chicken



Kylling

chy-ling

Beef



Okse

ock-seh

Lamb



Lam

lahm

Pork



Svin

sveen

Water



Vann

vahn

Juice



Juice

juice

Tea



Te

teh

Sugar



Sukker

soo-car

Milk



Melk

mellk

Coffee



Kaffe

kah-feh

Beer



Øl

ea(r)l

Wine



Vin

veen

Vegetarian



Vegetarisk

veh-geh-taa-risk

Kosher



Kosher

kosher

Halal

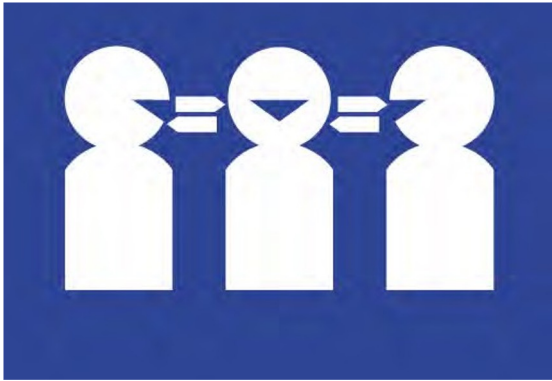


Halal

halal



## Interpreter



Tolk

tall-k

## Family



Familie

fam-me-lee-eh

## Priest



Prest

prest

## Priest



Prest

prest

Rabbi



Rabbi

rab-bee

Imam



Imam

imam

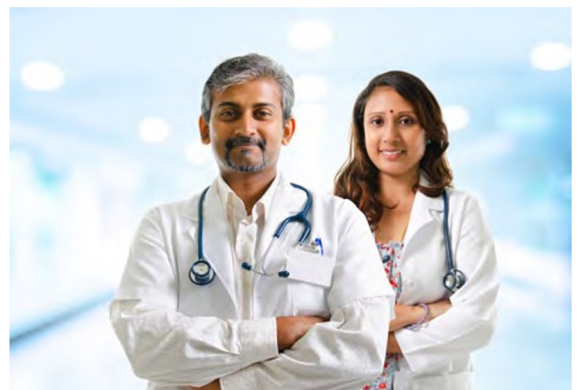
Monk



Munk

moonk

Doctor



Lege

leh-geh

## Nurse



Sykepleier

syh-ke-play-a

## Physiotherapist



Fysioterapeut

fyh-shoo-teh-rah-pewt

## Massage



Massasje

ma-sah-sheh

## Podiatrist



Fotpleier

fot-play-a

## Shower



Dusj

dusje

## Toilet



Toalett

tooa-let

## Wash Hands



Vaske hender

vass-keh hen-dah

## Clean Teeth



Pusse tenner

poos-se ten-nah



Clean Room



Gjøre rent

joo-reh rent

Get Up



Stå opp

stah ap

Get Dressed



Kle på seg

cleh poh say

Get Dressed



Kle på seg

cleh poh say

Get Undressed



Kle av seg

cleh ah say

Get Undressed



Kle av seg

cleh ah say



## Rest



## Hvile

vee-leh

## Sleep



## Sove

soh-veh

## Exercise



## Trene

treh-nah

## Activities



## Aktiviteter

ack-tee-vee-teh-tah

Go to the Garden



Gå ut i hagen

ga(ll) oot ih haa-ghen

Go for a Walk



Gå på tur

ga(ll) poh toor

Telephone



Telefon

teh-leh-foon

Taxi



Taxi

tak-see

Radio



Radio

rah-dee-ow

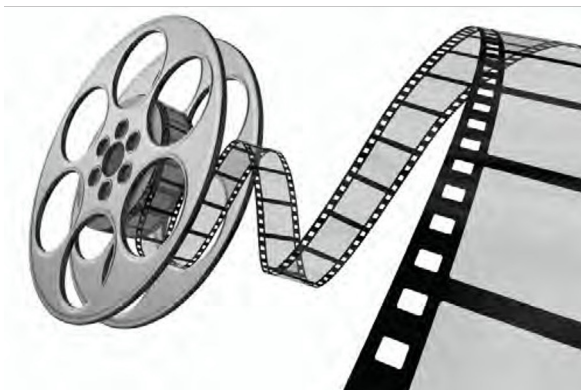
Music



Musikk

moo-sikh

Film



Film

film

TV



TV

teh-veh

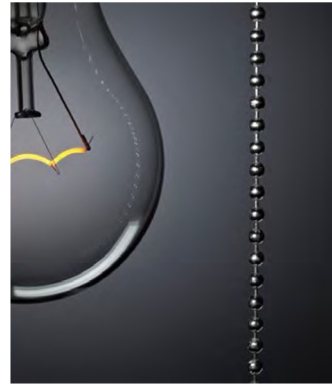
Light On



Lyset på

lyh-set po

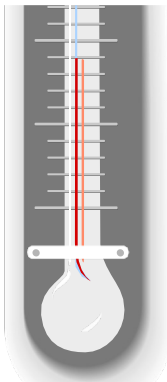
Light Off



Lyset av

lyh-set aahv

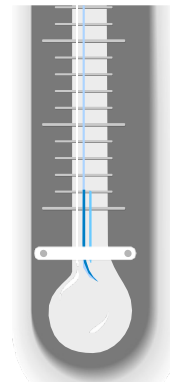
Hot



Varmt

vaarmt

Cold



Kaldt

kaalt

Like



Like

lee-keh

Dislike



Mislike

miss-lee-keh

Want



Vil ha

veel hah

Don't Want



Vil ikke ha

veel ick-eh hah

What Time?



Når?

Noor?

Book



Bok

bohk

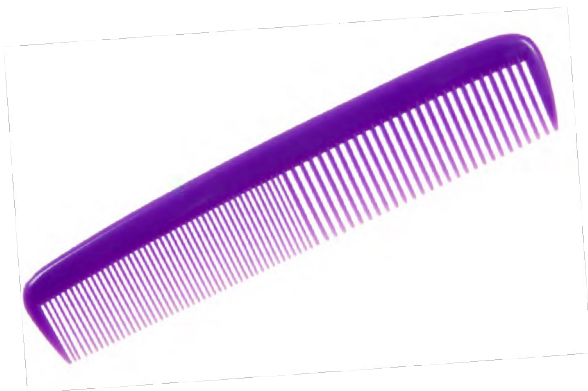
Glasses



Briller

breel-lah

Comb



Kam

kahm

Makeup



Sminke

sming-keh

## Watch



## Klokke

kloh-keh

## Jewellery



## Smykker

smyh-kah

## Hearing Aid



## Høreapparat

huh-reh-app-ah-rat

## Dentures



## Gebiss

gab-bis



## Tissues



Tørkepapir

tur-ke-pah-peer

## Incontinence Pad



Inkontinensbind

inkontinens-bind

## Pillow

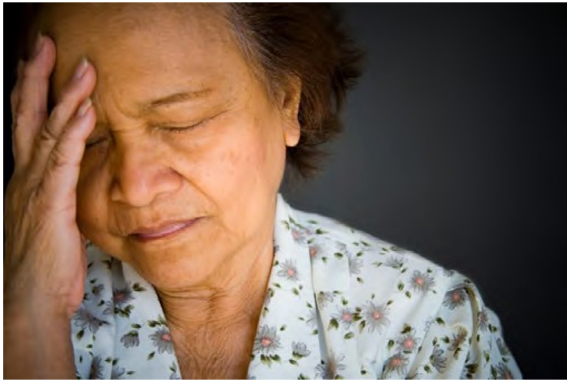


Pute

poo-teh



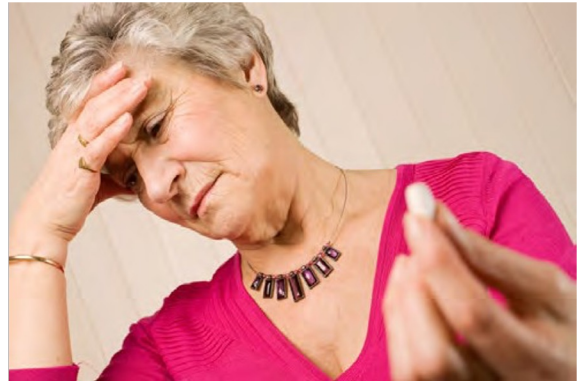
## Pain



Smerte

smar-teh

## Painkiller



Smertestillende

smar-teh-still-and-deh

## Medication



Medisin

meh-dee-seen

## Umbrella



Paraply

pah-rah-plui

Walking Stick



Stokk

stock

Walking Frame



Gåstativ

goh-stah-teev

Wheeled Walker



Rullator

rule-lah-toh

Wheelchair



Rullestol

rule-lah-stall

## Dressing Gown



Slåbrok  
sloh-brock

## Sleepwear



Nattøy  
naht-toy

## Slippers



Tøfler  
tuff-lah

## Underwear



Undertøy  
oondah-toy



Shirt



Skjorte

shoo-tah

Dress



Kjole

choo-lah

Trousers



Bukse

book-sah

Skirt



Skjørt

shirt



Socks



Sokker

sah-kah

Shoes



Sko

skoo

Jumper



Genser

genn-sah

Coat



Kåpe

koh-peh