



Speaking English can be tiring to the elderly – as they are engaging in a translation-type of process.

Many elderly people revert back to their native language as they aged.

Elderly people finding themselves in a new environment can be a little apprehensive to communicate as they may feel that no one will understand what they are trying to convey.

These cue cards have been put together to assist staff, Carers and/or volunteers to communicate more easily with the person in their care.

Print them and laminate them to make them a very useful tool, which can be used by all staff, carers and/or volunteers during the caring process.

 <p>BOOK / Livro</p>	 <p>BUS / Ônibus</p>	 <p>CIGARETTE / Cigarro</p>	 <p>CLOCK / Relógio</p>
 <p>DOWN / Baixa</p>	 <p>EXERCISE / Exercício</p>	 <p>FALL / Cair</p>	 <p>HELP / Socorro</p>
 <p>INSIDE / Dentro</p>	 <p>INTERPRETER / Intérprete</p>	 <p>JEWELLERY / Jóias</p>	 <p>LEAVING / Deixando</p>
 <p>LEFT / Esquerda</p>	 <p>MAGAZINE / Revista</p>	 <p>MIRROR / Espelho</p>	 <p>MONEY / Dinheiro</p>
 <p>NEWSPAPER / Jornal</p>	 <p>NO/ Não</p>	 <p>NO SMOKING/ Proibido fumar</p>	 <p>OUTSIDE / Lado de fora</p>

 <p>PEN and PAPER / Caneta e papel</p>	 <p>RADIO / Rádio</p>	 <p>RIGHT / Certo</p>	 <p>STOP / Pare</p>
 <p>TAXI/ Táxi</p>	 <p>TELEPHONE / Telefone</p>	 <p>TELEVISION/ Televisão</p>	 <p>UP/ Acima</p>
 <p>WALK / Andar</p>	 <p>YES / sim</p>		














Nourishment















Portuguese

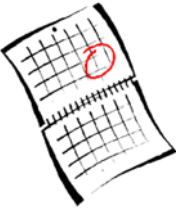

 <p>BOTTLE / Garrafa</p>	 <p>COFFEE / Café</p>	 <p>COLD DRINK / Bebida gelada</p>	 <p>EATING AREA / Área de alimentação</p>
 <p>FRUIT / Fruta</p>	 <p>HOT DRINK / Bebida quente</p>	 <p>HUNGRY / com fome</p>	 <p>KITCHEN / Cozinha</p>
 <p>MILK / Leite</p>	 <p>SUGAR / Açúcar</p>	 <p>TEA / Chá</p>	 <p>WATER / agua</p>

State of Mind




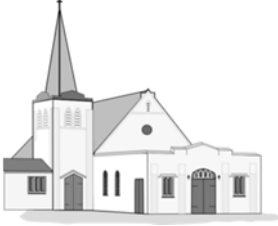









Portuguese




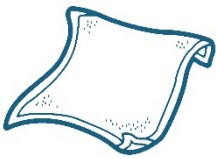








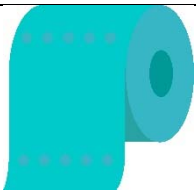
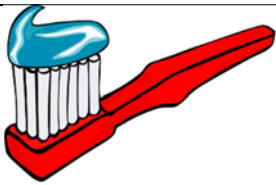





 <p>ANGRY / Bravo</p>	 <p>BAD / Mau</p>	 <p>COLD / Frio</p>	 <p>CONFUSED / Confuso</p>
 <p>DIZZY / Tonto</p>	 <p>GOOD / Boa</p>	 <p>HAPPY / Feliz</p>	 <p>HOT / Quente</p>
 <p>PAIN / Dor</p>	 <p>RELAXED / Relaxado</p>	 <p>SAD / Triste</p>	 <p>SCARED / Assustada</p>
 <p>TIRED / Cansado</p>			

 <p>BROTHER / irmão</p>	 <p>CHILDREN / Crianças</p>	 <p>DAUGHTER / Filha</p>	 <p>FAMILY / Família</p>
 <p>FATHER / Pai</p>	 <p>GRANDFATHER / Avô</p>	 <p>GRANDMOTHER / Avó</p>	 <p>HUSBAND / Marido</p>
 <p>MOTHER / Mãe</p>	 <p>PETS / Animais de estimação</p>	 <p>SISTER / Irmã</p>	 <p>SON / Filho</p>
 <p>VISITORS / Visitantes</p>	 <p>WIFE / Esposa</p>		

 <p>ALLERGY / Alergia</p>	 <p>AMBULANCE/ Ambulância</p>	 <p>APPOINTMENT / Compromisso</p>	 <p>BLEEDING / Sangramento</p>
 <p>BLOOD TEST/ Teste de sangue</p>	 <p>CHANGE BANDAGE / Cambiar atadura Tosse</p>	 <p>COUGH / Muletas</p>	 <p>CRUTCHES / Cortar unhas</p>
 <p>CUT NAILS / Respiração</p>	 <p>DEEP BREATH / profunda</p>	 <p>DIABETES / Diabetes</p>	 <p>DOCTOR/ Médico</p>
 <p>GET DRESSED/ Vestir-se</p>	 <p>EYE TEST / Teste ocular</p>	 <p>GLASSES/ Óculos</p>	 <p>HAIRDRESSER / Cabeleireiro</p>
 <p>HEARING AID / Aparelho auditivo</p>	 <p>HEARING TEST / Teste auditivo</p>	 <p>HIGH BLOOD PRESSURE / Pressão alta</p>	 <p>HOSPITAL / Hospital</p>

















 <p>INJECTION / Injeção</p>	 <p>LIE DOWN / Deitar</p>	 <p>LOW BLOOD PRESSURE / Pressão sanguínea baixa</p>	 <p>MEDICATION / Medicação</p>
 <p>NURSE / Enfermeira</p>	 <p>OPTOMETRIST / Optometrista</p>	 <p>PHYSIOTHERAPIST / Fisioterapeuta</p>	 <p>PODIATRIST / Podiatrist</p>
 <p>RASH / Erupção cutânea</p>	 <p>SIT DOWN / Sentar-se</p>	 <p>SIT UP / Sente-se</p>	 <p>SLEEP / Dormir</p>
 <p>STAND UP / Levante-se</p>	 <p>TEMPERATURE / Febre</p>	 <p>UNDRESS / Despir</p>	 <p>WALKING FRAME / Quadro de passeio</p>
 <p>WALKING STICK / Bengala</p>	 <p>WEIGHT / Peso</p>	 <p>WHEELCHAIR / Cadeira de rodas</p>	 <p>WOUND / Ferida</p>

 <p>BIBLE / Bíblia</p>	 <p>BUDDHIST / Budista</p>	 <p>CATHOLIC / Católico</p>	 <p>CHAPEL / Capela</p>
 <p>CHRISTIAN / Cristão</p>	 <p>CHURCH / Lgreja</p>	 <p>JEWISH / Judaico</p>	 <p>ORTHODOX / Ortodoxo</p>
 <p>PRAY / Orar</p>	 <p>PRIEST / Sacerdote</p>	 <p>RABBI / Rabino</p>	 <p>RUSSIAN ORTHODOX/ Ortodoxo russo</p>
 <p>SYNAGOGUE / Sinagoga</p>			

 <p>BED PAN/ Comadre</p>	 <p>DENTIST / Dentista</p>	 <p>DENTURES / Dentaduras</p>	 <p>FACE WASHER/ Arruela de rosto</p>
 <p>FAECES / Fezes</p>	 <p>HAIR BRUSH / Escova de cabelo</p>	 <p>RAZOR / Navalha</p>	 <p>SHAMPOO / Xampu</p>
 <p>SHOWER / Chuveiro</p>	 <p>SHOWER CHAIR/ Cadeira de chuveiro</p>	 <p>SOAP / Sabonete</p>	 <p>TOILET / Banheiro</p>
 <p>TOILET PAPER / Papel higiênico</p>	 <p>TOOTHBRUSH / Escova dental</p>	 <p>TOOTHPASTE/ Pasta de dentes</p>	 <p>TOWEL / Toalha</p>
 <p>URINE/ Urina</p>	 <p>WASH HANDS / lavar as mãos</p>	 <p>WASH IN BED / Lavar na cama</p>	

Timing

Portuguese

 <p>DAY / Dia</p>	 <p>HOUR / Hora</p>	 <p>MINUTE / Minuto</p>	 <p>NIGHT / Noite</p>
 <p>TIME / Tempo</p>	 <p>TODAY / Hoje</p>	 <p>TOMORROW / Amanhã</p>	 <p>YESTERDAY / Ontem</p>
 <p>WEEK / Semana</p>	 <p>MONDAY / Segunda-feira</p>	 <p>TUESDAY / Terça</p>	 <p>WEDNESDAY / Quarta-feira</p>
 <p>THURSDAY / Quinta-feira</p>	 <p>FRIDAY / Sexta-feira</p>	 <p>SATURDAY / Sábado</p>	 <p>SUNDAY / Domingo</p>

Months

Portuguese

January JANUARY/ Janeiro	February FEBRUARY/ Fevereiro	March MARCH/ Marcha	April APRIL/ Abril
May MAY/ Maio	June JUNE/ Junho	July JULY/ Julho	August AUGUST/ Agosto
September SEPTEMBER/ Setembro	October OCTOBER/ Outubro	November NOVEMBER/ Novembro	December DECEMBER/ Dezembro

