English for caregivers

1. Greet her and ask how she slept

Oh, good morning! Come in, come in.	Good morning, Linda! How are you today?
Pretty well. I only woke up once.	That's good. I'm glad.

Good morning, Linda! How are you today?

How did you sleep?

Did you sleep well?

2. Help her get up and walk

I can do it myself, dear.	Of course. I'll stay next to you.
Well, maybe just to the kitchen.	Sure. Take my arm.

Let me help you up.

Take my arm. Go slowly.

Are you okay to walk?

Let's go to the kitchen.

3. Ask about breakfast and offer help without taking over

No, no. I'll make my own tea.	Okay. Take your time.
Toast and an egg, please.	Sure. Would you like me to make them?
Would you carry my cup, dear?	Of course. Where would you like it?

What would you like for breakfast?

Would you like toast or an egg?

Would you like me to make your tea?

Would you like me to carry that?

Take your time. I'm here if you need me.

4. Ask about the dizziness and remind her about her pills

I felt a little dizzy this morning, but it's nothing.	Are you dizzy now? When did it start?
I know, I took my pills already.	Great. Thank you, Linda.

Are you dizzy now?

When did it start?

Don't forget your morning pills.

Did you take your pills?

5. Say you will tell her son and when you are back

Oh, please don't make my son worry.	I'm sorry, Linda. He wants to know.
Will you be here tomorrow?	Yes, I'll be back tomorrow morning.

I'll tell your son.

I'll be back tomorrow morning.

Call me if you need anything.

Take care. See you tomorrow!

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