

Spanish for Home Health Aides & CNAs

155+ Essential Phrases for Home Care & Caregiving
Personal Care | Vital Signs | Mobility | Meals | Safety

155+ Spanish phrases with easy pronunciation guides
10 sections organized by real caregiving situations
Quick-reference cards for morning care & bedside
Documentation & next-shift handoff phrases

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How to Use This Workbook

This workbook gives you 155+ Spanish phrases for the situations home health aides and CNAs face every day: greeting a new client, helping with bathing and dressing, checking vital signs, assisting with meals, handling medications and refusals, responding to falls and emergencies, talking with families, and writing the next-shift handoff.

Each phrase shows the Spanish with an English-friendly pronunciation guide and the English meaning. Quick-reference cards at the end cover the phrases you use most at the bedside.

How to use: Pick one section per week. Practice 3-4 phrases before each visit. Repeat the pronunciation out loud, and keep the quick-reference cards in your bag or at the client's home. Within a month you'll cover most everyday care conversations.

Important: This workbook is a language-learning aid, not a substitute for professional interpretation for medical decisions, medications, or anything the client or family must fully understand. When in doubt, use a certified interpreter or your agency's approved translation service.

Pronunciation Guide

'a'	= ah (like father)
'e'	= eh (like bet)
'i'	= ee (like see)
'o'	= oh (like go)
'u'	= oo (like boot)
'h'	= always silent
'j'	= strong h (like loch)
'll'	= y sound (like yes)
'n (with tilde)'	= ny (like canyon)
'rr'	= rolled r

1. Greetings & Getting Started (14 phrases)

Hola, soy su asistente de salud en el hogar

Hello, I am your home health aide

[OH-lah soy soo ah-see-STEN-tay day sah-LOOD en el oh-GAHR]

Mucho gusto en conocerle

It is nice to meet you

[MOO-choh GOO-stoh en koh-noh-SEHR-lay]

¿Cómo se siente hoy?

How are you feeling today?

[KOH-moh say see-EN-tay oy]

Estoy aquí para ayudarle hoy

I am here to help you today

[es-TOY ah-KEE PAH-rah ah-yoo-DAHR-lay oy]

¿Cómo le gusta que le llame?

What would you like me to call you?

[KOH-moh lay GOO-stah kay lay YAH-may]

Por favor, llámeme [nombre]

Please call me [name]

[por fah-VOR YAH-may-may]

¿Necesita algo ahora mismo?

Is there anything you need right now?

[neh-seh-SEE-tah AHL-goh ah-OH-rah MEES-moh]

Voy a estar aquí hasta [hora]

I will be here until [time]

[boy ah es-TAHR ah-KEE AH-stah OH-rah]

¿Tiene alguna pregunta para mí?

Do you have any questions for me?

[tee-EH-nay ahl-GOO-nah preh-GOON-tah PAH-rah MEE]

Todo va a estar bien

Everything is going to be fine

[TOH-doh bah ah es-TAHR bee-EN]

Avíseme si necesita algo

Let me know if you need anything

[ah-VEE-say-may see neh-seh-SEE-tah AHL-goh]

Estoy aquí para mantenerle seguro y cómodo

I am here to keep you safe and comfortable

[es-TOY ah-KEE PAH-rah mahn-teh-NEHR-lay seh-GOO-roh ee KOH-moh-doh]

¿Cómo se llama?

What is your name?

[KOH-moh say YAH-mah]

Trabajo con [nombre de la agencia]

I work with [agency name]

[trah-BAH-hoh kohn NOHM-bray day lah ah-HEN-see-ah]

2. Personal Care & Daily Activities (14 phrases)

¿Quiere ayuda para vestirse?

Would you like help getting dressed?

[kee-EH-ray ah-YOO-dah PAH-rah veh-TEER-say]

Yo le puedo ayudar con eso

I can help you with that

[yoh lay PWEH-doh ah-yoo-DAHR kohn EH-soh]

¿Necesita ayuda en el baño?

Do you need help in the bathroom?

[neh-seh-SEE-tah ah-YOO-dah en el BAH-nyoh]

Déjeme ayudarlo a lavarse las manos

Let me help you wash your hands

[DEH-hay-may ah-yoo-DAHR-lay ah lah-VAHR-say lahs MAH-nohs]

¿Quiere una ducha o un baño?

Would you like a shower or a bath?

[kee-EH-ray OO-nah DOO-chah oh oon BAH-nyoh]

El agua está lista

The water is ready

[el AH-gwah es-TAH LEES-tah]

¿Está el agua muy caliente?

Is the water too hot?

[es-TAH el AH-gwah moo-ee kah-lee-EN-tay]

Le ayudaré a salir con cuidado

I will help you step out carefully

[lay ah-yoo-dah-REH ah sah-LEER kohn kwee-DAH-doh]

Déjeme ayudarlo a cepillarse los dientes

Let me help you brush your teeth

[DEH-hay-may ah-yoo-DAHR-lay ah say-pee-YAHR-say lohs dee-EN-tays]

¿Quiere afeitarse hoy?

Do you want to shave today?

[kee-EH-ray ah-fay-TAHR-say oy]

Déjeme ayudarlo a ponerse la camisa

Let me help you put on your shirt

[DEH-hay-may ah-yoo-DAHR-lay ah poh-NEHR-say lah kah-MEE-sah]

Su ropa está lista

Your clothes are ready

[soo ROH-pah es-TAH LEES-tah]

¿Quiere que le cepille el cabello?

Do you want your hair brushed?

[kee-EH-ray kay lay say-PEE-yay el kah-BEH-yoh]

Voy a cambiar sus sábanas ahora

I will change your sheets now

[boy ah kahm-bee-AHR soos SAH-bah-nahs ah-OH-rah]

3. Mobility & Transfers (18 phrases)

¿Quiere ponerse de pie ahora?

Do you want to stand up now?

[kee-EH-ray poh-NEHR-say day pee-ay ah-OH-rah]

Déjeme ayudarlo a levantarse

Let me help you stand up

[DEH-hay-may ah-yoo-DAHR-lay ah lay-vahn-TAHR-say]

Agárrese de mi brazo

Hold onto my arm

[ah-GAHR-ray-say day mee BRAH-soh]

Tómese su tiempo, no hay prisa

Take your time, no rush

[TOH-may-say soo tee-EM-poh noh eye PREE-sah]

Voy a caminar con usted

I will walk with you

[boy ah kah-mee-NAHR kohn oos-TED]

¿Necesita su andador?

Do you need your walker?

[neh-seh-SEE-tah soo ahn-dah-DOHR]

¿Necesita su bastón?

Do you need your cane?

[neh-seh-SEE-tah soo bahs-TOHN]

Déjeme ayudarlo a la silla de ruedas

Let me help you into the wheelchair

[DEH-hay-may ah-yoo-DAHR-lay ah lah SEE-yah day RWEH-dahs]

Le ayudaré a volver a la cama

I will help you back to bed

[lay ah-yoo-dah-REH ah vohl-VEHR ah lah KAH-mah]

¿Se siente mareado/mareada?

Are you feeling dizzy?

[say see-EN-tay mah-reh-AH-doh/dah]

Siéntese despacio, por favor

Please sit down slowly

[see-EN-tay-say des-PAH-see-oh por fah-VOR]

Voy a subir un poco la cama

I will raise the bed a little

[boy ah soo-BEER oon POH-koh lah KAH-mah]

Voy a bajar la cama

I will lower the bed

[boy ah bah-HAHR lah KAH-mah]

Gírese de lado

Turn onto your side

[HEE-ray-say day LAH-doh]

Le voy a acomodar para que esté cómodo

I will reposition you so you are comfortable

[lay boy ah ah-koh-moh-DAHR PAH-rah kay es-TAY KOH-moh-doh]

¿Puede apretar mi mano?

Can you squeeze my hand?

[PWEH-day ah-preh-TAHR mee MAH-noh]

Levante el brazo, por favor

Lift your arm, please

[lay-VAHN-tay el BRAH-soh por fah-VOR]

Le voy a mover con cuidado

I will move you carefully

[lay boy ah moh-VEHR kohn kwee-DAH-doh]

4. Comfort & Pain (15 phrases)

¿Tiene dolor?

Are you in pain?

[tee-EH-nay doh-LOHR]

¿Dónde le duele?

Where does it hurt?

[DOHN-day lay DWEH-lay]

¿Le duele mucho o poco?

Does it hurt a lot or a little?

[lay DWEH-lay MOO-choh oh POH-koh]

¿Siente frío?

Do you feel cold?

[see-EN-tay FREE-oh]

¿Tiene demasiado calor?

Are you too warm?

[tee-EH-nay deh-mah-see-AH-doh kah-LOHR]

Déjeme traerle una cobija

Let me get you a blanket

[DEH-hay-may trah-EHR-lay OO-nah koh-BEE-hah]

¿Quiere que abra la ventana?

Would you like the window open?

[kee-EH-ray kay AH-brah lah vehn-TAH-nah]

¿Quiere que encienda la luz?

Would you like the light on?

[kee-EH-ray kay en-see-EN-dah lah LOOS]

Le voy a ayudar a estar cómodo

I will help you get comfortable

[lay boy ah ah-yoo-DAHR ah es-TAHR KOH-moh-doh]

¿Está cómodo en esta posición?

Is this position comfortable?

[es-TAH KOH-moh-doh en ES-tah poh-see-see-OWN]

Dígame si le duele

Tell me if it hurts

[DEE-gah-may see lay DWEH-lay]

Siento que tenga dolor

I am sorry you are in pain

[see-EN-toh kay TEN-gah doh-LOHR]

La medicina para el dolor aún no está aquí

The pain medicine is not here yet

[lah meh-dee-SEE-nah PAH-rah el doh-LOHR ah-OON noh es-TAH ah-KEE]

¿Siente náuseas?

Do you feel nauseous?

[see-EN-tay NOW-seh-ahs]

¿Quiere que abra la ventana?

Would you like me to open the window?

[kee-EH-ray kay AH-brah lah vehn-TAH-nah]

5. Meals & Eating (19 phrases)

Es hora del almuerzo

It is time for lunch

[es OH-rah del ahl-MWEHR-soh]

¿Tiene hambre?

Are you hungry?

[tee-EH-nay AHM-bray]

¿Quiere algo de tomar?

Would you like something to drink?

[kee-EH-ray AHL-goh day toh-MAHR]

¿Quiere agua o jugo?

Do you want water or juice?

[kee-EH-ray AH-gwah oh HOO-goh]

Le voy a ayudar a comer

I will help you eat

[lay boy ah ah-yoo-DAHR ah koh-MEHR]

Coma un bocado pequeño

Take a small bite

[KOH-mah oon boh-KAH-doh peh-KEH-nyoh]

Coma con calma

Take your time eating

[KOH-mah kohn KAH-MAH]

¿Le gusta la comida?

Do you like the food?

[lay GOO-stah lah koh-MEE-dah]

¿Está muy caliente?

Is it too hot?

[es-TAH moo-ee kah-lee-EN-tay]

Voy a cortar la comida en pedazos pequeños

I will cut the food into small pieces

[boy ah kohr-TAHR lah koh-MEE-dah en peh-DAH-sohs peh-KEH-nyohs]

¿Quiere más?

Would you like more?

[kee-EH-ray mahs]

¿Está satisfecho?

Are you full?

[es-TAH sah-tees-FEH-choh]

Déjeme limpiarle las manos

Let me clean your hands

[DEH-hay-may leem-pee-AHR-lay lahs MAH-nohs]

¿Qué alimentos no puede comer?

What foods can you not eat?

[kay ah-lee-MEN-tohs noh PWEH-day koh-MEHR]

Voy a anotar lo que comió

I will write down what you ate

[boy ah ah-noh-TAHR loh kay koh-mee-OH]

¿Quiere sopa o ensalada?

Do you want soup or salad?

[kee-EH-ray SOH-pah oh en-sah-LAH-dah]

Le ayudo a tomar

I will help you drink

[lay ah-YOO-doh ah toh-MAHR]

¿Necesita un popote/pajilla?

Do you need a straw?

[neh-seh-SEE-tah oon poh-POH-tay pah-HEE-yah]

Esto es para su dieta

This is for your diet

[ES-toh es PAH-rah soo dee-EH-tah]

6. Medications & Daily Schedule (16 phrases)

Es hora de su medicina

It is time for your medicine

[es OH-rah day soo meh-dee-SEE-nah]

¿Tomó su medicina?

Did you take your medicine?

[toh-MOH soo meh-dee-SEE-nah]

Es hora de su pastilla

It is time for your pill

[es OH-rah day soo pahs-TEE-yah]

Le voy a recordar que la tome

I will remind you to take it

[lay boy ah reh-kohr-DAHR kay lah TOH-may]

Tómela con agua

Take it with water

[TOH-may-lah kohn AH-gwah]

Yo no puedo darle medicina, le recuerdo

I cannot give you medicine, I will remind you

[yoh noh PWEH-doh DAHR-lay meh-dee-SEE-nah lay reh-KWEHR-doh]

Su cita es mañana

Your appointment is tomorrow

[soo SEE-tah ess mah-NYAH-nah]

Hoy tiene visita al médico

You have a doctor's visit today

[oy tee-EH-nay vee-SEE-tah ahl MEH-dee-koh]

Es hora de su caminata

It is time for your walk

[es OH-rah day soo kah-mee-NAH-tah]

Déjeme tomarle la presión

Let me check your blood pressure

[DEH-hay-may toh-MAHR-lay lah preh-see-OWN]

Déjeme tomarle la temperatura

Let me check your temperature

[DEH-hay-may toh-MAHR-lay lah tem-peh-rah-TOO-rah]

Su azúcar está un poco alta

Your blood sugar is a little high

[soo ah-SOO-kahr es-TAH oon POH-koh AHL-tah]

Descanse ahora, le veo más tarde

Rest now, I will check on you later

[des-KAHN-say ah-OH-rah lay VEH-oh mahs TAHR-day]

¿Usa insulina?

Do you use insulin?

[OO-sah een-soo-LEE-nah]

Voy a anotar que la tomé

I will note that you took it

[boy ah ah-noh-TAHR kay lah toh-MOH]

Esto se toma en la mañana

You take this in the morning

[ES-toh say TOH-mah en lah mah-NYAH-nah]

7. Emergencies & Safety (15 phrases)

¿Está bien?

Are you okay?

[es-TAH bee-EN]

¿Se cayó?

Did you fall?

[say kah-YOH]

Voy a llamar para pedir ayuda

I am going to call for help

[boy ah yah-MAHR PAH-rah peh-DEER ah-YOO-dah]

No se levante, le ayudo

Do not get up, I will help you

[noh say lay-VAHN-tay lay ah-YOO-doh]

Es una emergencia

It is an emergency

[ess OO-nah eh-mehr-HEN-see-ah]

Voy a llamar a su familia

I will call your family

[boy ah yah-MAHR ah soo fah-MEE-lee-ah]

Voy a llamar al 911

I will call 911

[boy ah yah-MAHR ahl noh-veh-oon-oh-oh]

¿Tiene dificultad para respirar?

Are you having trouble breathing?

[tee-EH-nay dee-fee-kool-TAHD PAH-rah res-pee-RAHR]

Póngase la mano en el pecho

Put your hand on your chest

[POHN-gah-say lah MAH-noh en el PEH-choh]

¿Siente dolor en el pecho?

Do you feel chest pain?

[see-EN-tay doh-LOHR en el PEH-choh]

Voy a quedarme con usted

I am going to stay with you

[boy ah kay-DAHR-may kohn oos-TED]

No se preocupe, la ayuda viene en camino

Do not worry, help is on the way

[noh say preh-oh-KOO-pay lah ah-YOO-dah vee-EH-nay en kah-MEE-noh]

Por favor, mantenga la calma

Please stay calm

[por fah-VOR mahn-TEN-gah lah KAHL-mah]

¿Me puede oír?

Can you hear me?

[may PWEH-day oh-EER]

Abra los ojos

Open your eyes

[AH-brah loh OH-hohs]

8. Talking with Family & the Care Team (16 phrases)

Su madre tuvo un buen día

Your mother had a good day

[soo MAH-dray TOO-voh oon bwen DEE-ah]

Ella comió bien hoy

She ate well today

[EH-yah koh-mee-OH bee-EN oy]

Él descansó esta tarde

He rested this afternoon

[el des-kahn-SOH ES-tah TAHR-day]

Ella está cómoda ahora mismo

She is comfortable right now

[EH-yah es-TAH KOH-moh-dah ah-OH-rah MEES-moh]

Él tuvo un poco de dolor esta mañana

He had a little pain this morning

[el TOO-voh oon POH-koh day doh-LOHR ES-tah mah-NYAH-nah]

Él tomó su medicina

He took his medicine

[el toh-MOH soo meh-dee-SEE-nah]

Ella durmió bien anoche

She slept well last night

[EH-yah door-mee-OH bee-EN ah-NOH-chay]

Le voy a avisar a la enfermera

I will let the nurse know

[lay boy ah ah-vee-SAHR ah lah en-fehr-MEH-rah]

Lo voy a anotar en el reporte

I will write it in the report

[loh boy ah ah-noh-TAHR en el reh-POHR-tay]

El médico dijo que siguiera descansando

The doctor said to keep resting

[el MEH-dee-koh DEE-hoh kay see-ghee-EH-rah des-kahn-SAHN-doh]

¿Hay algo que quiera que sepamos?

Is there anything you want us to know?

[eye AHL-goh kay kee-EH-rah kay say-PAH-mohs]

Vuelvo mañana

I will be back tomorrow

[vwehl-VOH mah-NYAH-nah]

Adiós, hasta la próxima

Goodbye, see you next time

[ah-dee-OS AH-stah lah PROHK-see-mah]

Ella está estable

She is stable

[EH-yah es-TAH es-TAH-blay]

Él está comiendo bien

He is eating well

[el es-TAH koh-mee-EN-doh bee-EN]

La supervisión estuvo bien hoy

The supervision was good today

[lah soo-pehr-vee-see-OWN es-TOO-voh bee-EN oy]

9. Vital Signs & Daily Routines (16 phrases)

Déjeme tomarle la temperatura

Let me take your temperature

[DEH-hay-may toh-MAHR-lay lah tem-peh-rah-TOO-rah]

Déjeme tomarle la presión arterial

Let me check your blood pressure

[DEH-hay-may toh-MAHR-lay lah preh-see-OWN ahr-teh-ree-AHL]

Su temperatura está normal

Your temperature is normal

[soo tem-peh-rah-TOO-rah es-TAH nohr-MAHL]

Su pulso está bien

Your pulse is fine

[soo POOL-soh es-TAH bee-EN]

¿Durmió bien?

Did you sleep well?

[door-mee-OH bee-EN]

¿Cuántas horas durmió?

How many hours did you sleep?

[KWAHN-tahs OH-rahs door-mee-OH]

Déjeme ayudarle a su silla

Let me help you to your chair

[DEH-hay-may ah-yoo-DAHR-lay ah soo SEE-yah]

¿Quiere sentarse junto a la ventana?

Would you like to sit by the window?

[kee-EH-ray sen-TAHR-say HOON-toh ah lah vehn-TAH-nah]

Es hora de su ejercicio

It is time for your exercise

[es OH-rah day soo eh-hehr-SEE-see-oh]

Caminemos un poco

Let us walk a little

[kah-mee-NEH-mohs oon POH-koh]

¿Quiere descansar ahora?

Do you want to rest now?

[kee-EH-ray des-kahn-SAHR ah-OH-rah]

Hoy le está yendo bien

You are doing well today

[oy lay es-TAH YEHN-doh bee-EN]

Voy a cerrar las cortinas

I will close the curtains

[boy ah seh-RAHR lahs kohr-TEE-nahs]

¿Quiere que encienda la televisión?

Would you like the television on?

[kee-EH-ray kay en-see-EN-dah lah teh-leh-vee-see-OWN]

Déjeme ayudarle a ponerse los lentes

Let me help you put on your glasses

[DEH-hay-may ah-yoo-DAHR-lay ah poh-NEHR-say lohs LEN-tays]

Le traigo agua

I will bring you water

[lay TRAY-goh AH-gwah]

10. Documentation & Next-Shift Handoff (12 phrases)

Voy a escribir el reporte ahora

I will write the report now

[boy ah es-kree-BEER el reh-POHR-tay ah-OH-rah]

¿A qué hora comió?

What time did he eat?

[ah kay OH-rah koh-mee-OH]

¿Cuánta agua tomó?

How much water did she drink?

[KWAHN-tah AH-gwah toh-MOH]

¿Usó el baño?

Did he use the bathroom?

[oo-SOH el BAH-nyoh]

Ella durmió de [hora] a [hora]

She slept from [time] to [time]

[EH-yah door-mee-OH day OH-rah ah OH-rah]

Le voy a avisar a la próxima asistente

I will tell the next aide

[lay boy ah ah-vee-SAHR ah lah PROHK-see-mah ah-see-STEN-tay]

La enfermera necesita saber esto

The nurse needs to know this

[lah en-fehr-MEH-rah neh-seh-SEE-tah sah-BEHR ES-toh]

Ya me voy, termina mi turno

I am going off shift now

[yah may boy tehr-MEE-nah mee TOOR-noh]

Por favor, llámeme si necesita algo

Please call me if you need anything

[por fah-VOR YAH-may-may see neh-seh-SEE-tah AHL-goh]

Nos vemos mañana

I will see you tomorrow

[nohs VEH-mohs mah-NYAH-nah]

Todo está en el reporte

Everything is in the report

[TOH-doh es-TAH en el reh-POHR-tay]

Usted está en buenas manos

You are in good hands

[oos-TED es-TAH en BWEH-nahs MAH-nohs]

Buenos días, ¿durmió bien?

Good morning, did you sleep well?

[BWEH-nohs DEE-ahs door-mee-OH bee-EN]

¿Quiere vestirse?

Do you want to get dressed?

[kee-EH-ray veh-TEER-say]

Déjeme ayudarlo a lavarse

Let me help you wash

[DEH-hay-may ah-yoo-DAHR-lay ah lah-VAHR-say]

Es hora del desayuno

It is time for breakfast

[es OH-rah del deh-sah-YOO-noh]

¿Necesita el baño?

Do you need the bathroom?

[neh-seh-SEE-tah el BAH-nyoh]

Voy a esperar afuera de la puerta

I will wait outside the door

[boy ah es-peh-RAHR ah-FWEH-rah day lah PWEHR-tah]

Llámeme cuando termine

Call me when you are done

[YAH-may-may KWAHN-doh tehr-MEE-nay]

No pasa nada, no se preocupe

It is okay, accidents happen

[noh PAH-sah NAH-dah noh say preh-oh-KOO-pay]

Es hora de dormir

It is time for bed

[es OH-rah day dohr-MEER]

¿Necesita algo antes de dormir?

Do you need anything before bed?

[neh-seh-SEE-tah AHL-goh AHN-tays day dohr-MEER]

Voy a bajar la luz

I will dim the lights

[boy ah bah-HAHR lah LOOS]

Buenas noches, que descanse

Good night, sleep well

[BWEH-nahs NOH-chays kay des-KAHN-say]

Usted está segura aquí

You are safe here

[oos-TED es-TAH seh-GOO-rah ah-KEE]

Estoy aquí con usted

I am right here

[es-TOY ah-KEE kohn oos-TED]

Todo está bien

Everything is fine

[TOH-doh es-TAH bee-EN]

No le voy a dejar solo

I will not leave you alone

[noh lay boy ah deh-HAHR SOH-loh]

Quick-Reference Cards

Quick Card 1: Morning Care

Good morning, did you sleep well? Buenos días, ¿dormiste bien?
Do you want to get dressed? ¿Quieres vestirse?
Let me help you wash. Déjeme ayudarlo a lavarse
It is time for breakfast. Es hora del desayuno

Quick Card 2: Bathroom & Toileting

Do you need the bathroom? ¿Necesita el baño?
I will wait outside the door. Voy a esperar afuera de la puerta
Call me when you are done. Llámame cuando termine
It is okay, accidents happen. No pasa nada, no se preocupe

Quick Card 3: Bedtime

It is time for bed	Es hora de dormir
Do you need anything before bed?	¿Necesitas algo antes de dormir?
I will dim the lights	Le bajaré la luz
Good night, Sleep well	Buenas noches, que descanse

Quick Card 4: Reassurance

You are safe here	Usted está segura aquí
I am right here	Estoy aquí con usted
Everything is fine	Todo está bien
I will not leave you alone	No le voy a dejar solo

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