




時間/ Time/ PAGI	照顧老人 Taking care of elders (MERAWAT ORANG TUA)	 陽光女傭中心 SUNLIGHT EMPLOYMENT AGENCY
6:00-6:30am	起床	
	Get up	
	BANGUN TIDUR	
6:30-7:00am	幫老人梳洗〔刷牙、洗臉、擦身體〕	
	To wash for the elder (brush teeth, clean face, rug the body slightly)	
	BANTU PASIEN BEBERSIH (SIKAT GIGI, CUCI GIGI, LAP BADAN)	
7:00-7:15am	協助老人大小便。	
	To assist the elder go to stool/urine	
	MENRANTU PASIEN BUANG AIR KECIL DAN BESAR	
7:15-7:30am	協助老人穿衣。	
	To assist in put on clothes	
	MEMBANTU PASIEN PAKAI PAKAIAN	
7:30-7:45am	幫老人按摩。	
	Message for the elder	
	MEMBANTU PASIEN PIJIT	
7:45-7:55am	整理床鋪。	
	Make the bed	
	MEMBERES TEMPAT TIDUR	
7:55-8:00am	摺毛毯、被子、棉被。	
	Make the bed linens, carpet and blanket	
	LEPIT KESET SELIMUT	
8:00-8:15am	準備早餐。	
	Prepare for breakfast	
	SIAP SARAPAN	
8:15-8:30am	餵食老人。	
	Feed on elder	
	MENYUAPKAN PASIEN	
8:30-9:00am	帶老人散步。	
	Accompany elderto take a walk after breakfast	
	NGAJAK PASIEN JALAN JALAN	
9:00-9:30am	幫老人做輕微運動。	
	Guide the elder to do light excerise	
	MEMBANTU PASIEN OLARAGA RINGAN	
9:30-9:45am	請老人服藥。	
	Let the elder to take medicine	
	BERI PASIEN MAKAN OBAT	

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9:45-10:00am	洗衣服、燒開水。	
	Wash clothes, boil hot water for drink	
	CUCI PAKAIAN MASAK AIR	
10:00-10:30am	清理住家、打掃門窗。	
	Dust and clean the house	
	MEMBERSIHKAN RUMAH TANGGA DAN JENDELA	
10:30-10:45am	打掃浴室。	
	Clean the bathroom	
	MEMBERSIHKAN KAMAR MANDI W.C.	
10:45-11:00am	整理房間。	
	Tidy up the bedrooms	
	MEMBERSIHKAN KAMAR TIDUR	
11:00-11:30am	買菜。	
	Go to market for purchasing food ingredients	
	KEPASAR BELANJA	
11:30-12:30pm	準備午餐。	
	Prepare for lunch	
	SIAP MAKAAN SIANG	
12:30-1:00pm	餵食老人。	
	Feed the elder for lunch	
	MENYUAPKAN PASIEN	
1:00-1:10pm	請老人服藥。	
	Let the elder to take medicine	
	BERI PASIEN MAKAN OBAT	
1:10-1:30pm	清洗廚房及飯廳。	
	Clean up the kitchen and dining room	
1:30-3:00pm	午休。	
	Lunch break	
	SIANG ISTIRHAT	
3:00-3:15pm	幫老人按摩。	
	Message for the elder	
	MEMBANTU PASIEN PIJIT	
3:15-3:45pm	帶老人散步。	
	Take the elder for a walk	
	NGAJAK PASIEN JALAN JALAN	
3:45-4:30pm	幫老人做輕微運動	

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	Help the elder to do proper exercise	
	MEMBANTU POSIEN OLARAGA RINGAN	
4:30-5:00pm	收衣服。	
	Collect the dry clothes, fold and put into wardrobe	
	ANGKAT JEMURAN PAKAIAN	
5:00-6:00pm	準備晚餐。	
	Prepare for dinner	
	SIAP-KAN MAKAN MALAM	
6:00-6:30pm	餵食老人。	
	Fed medicine to the elder	
	MENYUAPKAN PASIEN	
6:30-6:40pm	請老人服藥。	
	Let the elder to take medicine	
	BERI PASIEN MAKAN OBAT	
6:40-7:15pm	收拾廚房及餐廳。	
	Tidy up the dining room and kitchen	
	MEMBERESKAN DAPUR DAN RUANG MAKAN	
7:15-7:40pm	幫老人洗澡。	
	Clean the elder's face	
	MANDIKAN PASIEN	
7:40-8:00pm	幫老人更衣。	
	Help the elder to change night clothes	
	MEMBANTU PASIEN GANTI PAKAIAN	
8:00-8:15pm	協助老人就寢。	
	Help the elder to go to bed	
	MENIDURKAN PASIEN	
8:15-8:30pm	幫老人翻身拍背。	
	Turn the elder body and clap on his back gently	
	MEMBANTU PASIEN BALIK BADAN LALU TEPUK PUNDAKNYA	