

Vyshnav Pallipravan

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SUMMARY

Compassionate and detail-oriented Social Service Worker graduate and Caregiver at FirstLight Home Care, dedicated to uplifting individuals facing mental health challenges. Possesses a strong understanding of clients' physical, mental, and emotional needs, excelling in delivering comprehensive support and connecting individuals to vital resources. Adept at identifying gaps in community services and advocating for systemic improvements to enhance client outcomes. Committed to inspiring positive transformations and empowering individuals through compassionate and effective service delivery, fostering resilience and hope.

CORE COMPETENCIES

- 3 years of experience as a supportive caregiver, currently providing compassionate care at FirstLight Home Care.
- Completed a Social Service Worker diploma, gaining a strong foundation in strategies, trends, and resources relevant to social services.
- Proven strong communication and interpersonal skills, adept at building rapport and trust with clients from diverse backgrounds and age groups.
- Certified in CPR and First Aid, Food Handling, and holds a Vulnerable Sector Check Certificate, ensuring a safe, hygienic, and compliant caregiving environment.
- Experienced in leveraging technology to streamline communication and documentation, enhancing the overall quality of care delivered.

SKILLS AND ABILITIES

Empathy and Compassion

- Compassionate approach in caregiving, providing emotional support to clients during challenging times and enhancing their overall well-being
- Ability to advocate for clients' needs, ensuring their voices are heard and respected in care decisions.
- Active listening skills that can help to understand clients' needs ensuring they feel valued.
- Skilled in providing reassurance and encouragement, empowering clients on their journey.

Time Management

- Ability to prioritize tasks effectively, ensuring urgent client needs are addressed promptly.
- Skilled in creating structured schedules that maximize productivity while providing quality care.
- Flexibility to adapt schedules to changing circumstances or emergencies while staying focused.
- Balances, urgent and routine tasks with a keen sense of timing, ensuring critical needs are met promptly.

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EDUCATION

- Social Service Worker Diploma** 2024 - 2025
Sir Sandford Fleming College, Peterborough, ON
- Secondary Education in Computer Commerce** 2017 - 2019
Edoor S.T Mary's Higher Secondary School, Kerala, India

CERTIFICATIONS

- CPR and First Aid Certification 2024
Canadian Red Cross
- Criminal Record Check 2025
Vulnerable Sector Check
Peterborough Police Service
- Food Handler Certification 2025
Worksite Safety

PROFESSIONAL WORK EXPERIENCE

Placement Student

- Canadian Mental Health Association (CMHA Cochrane-Timiskaming) May '25 – Aug '25
- Researched and evaluated client transition processes within the housing program.
 - Collaborated with staff to identify gaps and recommend improvements.
 - Analyzed data and stakeholder input to enhance service delivery.

Caregiver

- FirstLight Home Care, Port Hope, Ontario 2025 - present
- Provided compassionate, client-focused care in line with FirstLight's "Culture of Care."
 - Offered meaningful companionship to reduce isolation and support emotional well-being.
 - Communicated effectively with families and team members to ensure consistent, high-quality care.
 - Assisted with personal care and daily activities, promoting independence and dignity.
 - Adapted care approach to meet diverse client needs, including memory support and mobility assistance.
 - Responded promptly and calmly to emergencies or changes in client condition, ensuring safety.

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Supportive Caregiver

Tellicherry Social Service Society (TSSS), Thalassery, Kerala, India

2020 - 2023

- Provided compassionate care and support to clients in daily activities
- Assisted with personal care tasks, including bathing, dressing, and meal preparation.
- Administered medications and monitored health conditions as required.
- Documented client progress and reported changes to healthcare professionals.
- Facilitated social engagement and activities to enhance client well-being

Junior Red Cross Volunteer

Edoor S.T Mary's High School Kerala, India

2015 - 2017

- Participated in community service projects focused on health and safety education.
- Organized and led first aid and emergency preparedness workshops for peers.
- Promoted health initiatives and supported local humanitarian efforts.