

Tools for the Journey January 26th and 27th

Hina Mahmood, M.OT

January 27:

Building Skills Across the Lifespan: How Occupational Therapy can help build Independence in Everyday Life

Hina will review common challenges faced by school aged children with Down syndrome in the areas of self-care, productivity and leisure. She will discuss general fine and gross motor skills, life skills, sensory strategies and environmental adaptations to increase independence and facilitate success throughout the life span.



Hina (she/her) is DSRF's senior OT and has been at DSRF since 2016. Hina is passionate about working with individuals of all ages who have special needs and values a collaborative approach. Hina is trained in the SOS Approach to Feeding and has given presentations on topics including toileting, increasing independence in school aged children, and executive functioning. She is also interested in how medical challenges, such as sleep apnea, vision and digestive issues, affect learning and development for individuals with Down syndrome. Hina is also the co-host of [The LowDOWN: A Down Syndrome Podcast](#).

