

Hina Mahmood

11:45AM - 1:00PM



Common Senses: A Deep Dive into Sensory Processing for Individuals with Down Syndrome

Hina will discuss the concept of sensory processing and explore the impact of sensory information on everyday functioning for individuals with Down Syndrome of all ages. Concepts covered will include sensory profiles, sensory diets/programs, stimming and strategies to promote overall sensory health and wellbeing.

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 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.

