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The development of games that facilitate the productive use of leisure time for individuals with autism spectrum disorders

Abstract:

This article discusses the skills required to facilitate the productive use of leisure time among individuals with autism spectrum disorder (ASD). While organizing leisure activities for neurotypical children is relatively straightforward, the learning and application of such games for children and adolescents with ASD require different approaches. Skill development is achieved by first focusing on foundational sub-skills, which then build towards more complex abilities. Extensive research has been conducted to support this structured process. The article categorizes essential sub-skills for game development, instructional methods, and strategies tailored to different types of games, with a strong emphasis on leveraging the strengths of individuals with ASD. Research indicates that children with ASD demonstrate particularly high performance in board games. This study highlights the necessary conditions, developmental progress, and instructional strategies for teaching games, with methods being continuously updated to ensure that children and adolescents with ASD can engage effectively with their peers during leisure activities.

Biography

Kamala Aliyeva, a PhD student, has been teaching at Khazar University for over 10 years and also serves as a psychologist at Ugur Rehabilitation Centre. She has presented at numerous international conferences and has authored more than 10 scholarly articles.