



Hotel Rocca

INCLUSIVE HOTEL

Best Western and L'abilità Onlus

working together to welcome guests with Autism Spectrum Disorders.

Best Western Italia and L'abilità Onlus have launched a project dedicated to guests with Autism Spectrum Disorders.

Inclusive Hotel is the name of the initiative and it aims to guarantee an **absolutely positive** stay in the hotel to people with **Autism Spectrum Disorders**, both children and adults together with their families and their carers.

This guide is dedicated to those that want to **start travelling again**.

The **services** and **strategies** listed in the guide are helpful in organising the trip and ensure a positive and welcoming experience in the hotel, guaranteeing a sense of **wellness** and **inclusion**.

To supplement the information provided **Augmentative and Alternative Communication Tables** on the hotel itself and on the destination can be found in the dedicated rooms.

We wish you a pleasant stay.

General Information

The **Best Western Hotel Rocca** is located in **Cassino** in Via Sferracavalli 105.

The hotel staff has been **trained** and is **aware** of the characteristics of people with **autism spectrum disorders**, of their special needs, and knows how to make the hotel **fully inclusive**.

Chiara Murabito is responsible for the Inclusive Hotel project at Best Western Hotel Rocca.

You can contact her by e-mail at info@hotelrocca.it or by phone + 39 0776311212.

Do not hesitate to contact her:

- for more information
- to book a room that is adequate to the needs of a person with ASD
- to communicate any special needs
- to communicate your time of arrival



Check-In and Check-Out

The lobby of the **Best Western Hotel Rocca** has red armchairs and sofas, chairs, and tables for waiting.

There is a TV, usually turned off, a piano and several plants.

In a hidden corner there is an area with a desk, a printer, a laptop and some chairs.

The lobby is 100mq and at peak times **crowding** and **increased waiting times** could induce **sensory overload**.

During the day the most crowded times are during the week:

- between 7am and 10am
- between 6pm and 8.30pm

at the weekend:

- between 9am and 11am

It is therefore advisable to check-in and check-out outside these hours.

The hotel is open 24/7.

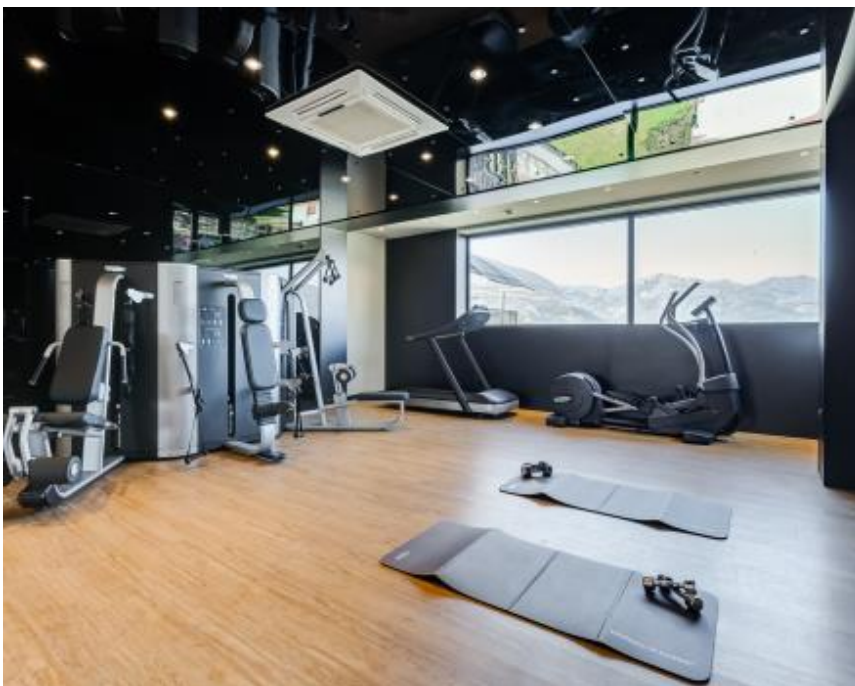


Common areas

💡 No neon lighting.

🎵 Sometimes there is low volume **background music**.

spaces	location	characteristics
Bathroom	-1	<ul style="list-style-type: none">• Automatic lighting• Three toilets• Triple sink with automatic faucets• Electric hand dryers and paper towels
Restaurant	Ground Floor	<ul style="list-style-type: none">• Located at the side entrance, you can request a table in a reserved area
Gym	3	<ul style="list-style-type: none">• There are stationary bikes, treadmills, and weightlifting equipment• There are two televisions that are turned on
Lobby	Ground Floor	<ul style="list-style-type: none">• There is a switched off TV in front of the desk• Showcases displaying souvenirs and objects dating back to the war• Snacks displayed on the desk



Room

The rooms dedicated to clients with ASD are equipped with features that can help in the case of **atypical sensory reactivity**:

- there are no neon lights but soft lighting
- the room is located far from noise sources
- cleaning products are fragrance free
- air fresheners are not used

The **bedding** is white and a duvet is available to guests. For specific needs, guests are allowed to bring with them their own **personal items (blankets or cushions)** and the staff will make the bed.

The window opens completely and overlooks a small terrace. The room can be blacked out completely. The bathroom has a bathtub.

In the room there is a small refrigerator that contains water, fizzy drinks and juices. On the desk there is a kettle with mugs, tea bags, coffee and milk.

On the bedside table there is a telephone, a notepad and a pen. The cabinets do not have doors: the safe is placed in a shelf, in another shelf there are slippers and a laundry bag.

For **room service** please dial 9.

Please contact Reception for any **assistance** you may need.

You will also find **augmentative and alternative communication** material in your room concerning:

- Breakfast menu
- Rules of behaviour
- Communication tables
- An information sheet on Cassino and its surroundings



Restaurant

The Best Western Hotel Rocca has a restaurant.

A table will be reserved for you in an area of the restaurant free from anything that could induce sensory processing disorder, away from busy passageways.

At the restaurant we serve:

- Lunch from 12pm until 3pm
- Dinner from 7pm until 10.30pm

The times of **increased client influx**, that may lead to a higher risk of sensory overload are:

- From 8.30pm until 10.30pm.

There is a turned on TV.

Guests can bring their **own food and drink** at the table.

If you communicate any **special needs** in advance, the hotel kitchen will do their best to satisfy your requests.

You will also find in your room, the breakfast menu with **augmentative and alternative communication** symbols.



Hotel Information

The **Best Western Hotel Rocca** is located in **Cassino**, in the province of Frosinone. The hotel represents an ideal solution for a **break in the Centre of Italy**, thanks to its privileged position. From our hotel you can reach Rome in one hour, Naples in 40 minutes and the Gulf of Gaeta in 30 minutes.

The Best Western Hotel Rocca is located about 10 minutes by car from the Cassino railway station.

A shuttle is available to reach the hotel, from and to the train station.

Bicycles are available to visit the city.

The hotel has an unguarded but gated large car park.