Responsibility Gaps and Health Progress

There are recognized Health Care Gaps and then there are responsibility gaps. Responsibility gaps are times during which you take on unforeseen, unanticipated, and unexpected responsibility or responsibilities. Do you find that responsibility gaps affect your health progress? Do you know what anyone can do to reduce the frequency of responsibility gaps?

A Health Care Gap is defined as disparity between health care needs and health care services, especially as the term applies to the medically needy. This chart can help you recognize the times during which you took on unforeseen, unanticipated, and unexpected responsibility or responsibilities that stalled your health progress as a patient who patronizes a health care system. The gaps in the arrows illustrate the number of times and when you took on unforeseen, unanticipated, and unexpected responsibility or responsibilities along your health care journey. These gaps are dynamic and can shift along your health progress timeline. The less the gaps occur, the less burdensome your health journey is likely to be.

Creative Health Literacy can help you to Become Your Own Advocate by consulting with you about identifying times during which you took on unforeseen, unanticipated, and unexpected responsibility or responsibilities that stalled your health progress. A consultation can assist you with identifying resources that help to reduce the frequency of the responsibility gaps, thereby providing you with knowledge that may become beneficial to the future of your health.