

# Dr. Anita Sharma

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**Title of talk:** "Care for the Caregiver: A Survival Plan for Those Who Do It All"

**Bio:** Dr. Anita Sharma, LCSW, Professor and Joseph A. Biedenharn Endowed Chair in Gerontology, is the Founding Director of the Gerontology Education, Research, and Outreach (GERO) Institute at the University of Louisiana Monroe. She earned two master's degrees and a doctorate in Clinical Social Work (with emphasis in Gerontology) from Florida State University, Tallahassee, Florida. She is a Licensed Clinical Social Worker with 35 years of professional experience in mental health and psychotherapy.

Dr. Sharma is an avid grant-writer and has obtained about 25 funded grants in the last 20 years. She also obtained funding from the Louisiana Board of Regents to create two scholarship programs to recruit students in the field of Gerontology.

Dr. Sharma currently serves on the Board of Directors for several organizations including the West Ouachita Senior Center, Louisiana Geriatric Society, Louisiana Alzheimer's Coalition and the RAIB Board of the Louisiana Department of Health. She is also the founding coordinator of the Louisiana Disability Advocacy Network. She was recently appointed to the NASW National Specialty Practice Section on Aging. Dr. Sharma is also co-chairing the 2025 Alzheimer's Walk in Northeast Louisiana.

She has created, produced, and hosted two radio programs on the regional affiliate of the National Public Radio (NPR). She currently produces and hosts "Life Transitions," a program that focuses on issues relating to aging.

Dr. Sharma has served on the editorial board of several professional journals and two regional newspapers. For about ten years, she wrote a weekly column for the News-Star, a regional newspaper published by Gannett Inc. In 2022, she created a journal for students to have them write about their service learning and field experiences. Dr. Sharma has numerous publications in the fields of Gerontology, family violence and disabilities. She has made more than 300 professional presentations at various conferences on topics relating to Gerontology and Social Work in the last 30 years. Dr. Sharma is passionately committed to Gerontology education, research and community outreach initiatives.