



Almost Family, Inc.
Steve Guenther
(502) 891-1000

The Ruth Group
Investor Relations
Nick Laudico / Zack Kubow
(646) 536-7030 / 7020
nlaudico@theruthgroup.com
zkubow@theruthgroup.com

Almost Family to Present at Two Upcoming Conferences

Louisville, KY., May 8, 2009 – Almost Family, Inc. (Nasdaq: AFAM), a leading regional provider of home health nursing services, announced today that William Yarmuth, President and Chief Executive Officer, and Steve Guenther, Senior Vice President and Chief Financial Officer, are scheduled to present at two upcoming investor conferences. The first presentation will be at the Robert W. Baird & Co. 2009 Growth Stock Conference at the Four Seasons Hotel in Chicago, IL.

Event: Robert W. Baird & Co. 2009 Growth Stock Conference
Date: Wednesday, May 13, 2009
Time: 10:05 a.m. CT

The second presentation will be at the Bank of America and Merrill Lynch 2009 Healthcare Conference at the Palace Hotel in New York, NY.

Event: Bank of America and Merrill Lynch 2009 Healthcare Conference
Date: Thursday, May 14, 2009
Time: 9:20 a.m. ET

An audio Web cast of the Company's presentations will be available by visiting the investor relations section of Almost Family's Web site at www.almostfamily.com. A replay of the presentations will be available for 30 days.

About Almost Family

Almost Family, Inc., founded in 1976, is a leading regional provider of home health nursing services, with branch locations in Florida, Kentucky, Connecticut, New Jersey, Ohio, Massachusetts, Alabama, Missouri, Illinois, Pennsylvania, and Indiana (in order of revenue significance). Almost Family, Inc. and its subsidiaries operate a Medicare-certified segment and a personal care segment. Altogether, Almost Family operates over 90 branch locations in 11 U.S. states.

Forward Looking Statement

All statements, other than statements of historical facts, included in this news release are forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. Forward-looking statements may be identified by the use of forward-looking terminology such as "may," "will," "expect," "believe," "estimate," "project," "anticipate," "continue," or similar terms, variations of those terms or the negative of those terms. These forward-looking statements are based on the Company's current plans, expectations and projections about future events.

Because forward-looking statements involve risks and uncertainties, the Company's actual results could differ materially from any future results, performance or achievements expressed or implied by such forward-looking statements. For a more complete discussion regarding factors which could affect the Company's financial performance, refer to the Company's various filings with the Securities and Exchange Commission. The Company undertakes no obligation to update or revise its forward-looking statements.