



Almost Family, Inc.

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Almost Family to be Added to the S&P SmallCap 600 Index

Louisville, KY, February 18, 2009 – Almost Family, Inc. (Nasdaq: AFAM), a leading regional provider of home health nursing services, announced today that it will be added to the S&P SmallCap 600 Index after the close of trading on Friday, February 20, 2009.

William Yarmuth, President and CEO of Almost Family, Inc., said, “We are very pleased to be included in the S&P SmallCap 600 Index, as it adds exposure for Almost Family’s common stock to a wider set of investors and index fund managers. We view our inclusion in the index as indicative of our consistent financial performance and are focused on continuing to execute on our strategy of achieving excellence through senior advocacy, which is the driving force behind our growth.”

About the S&P SmallCap 600 Index

Introduced in 1994, S&P SmallCap 600 is a U.S benchmark index made up of the securities of 600 companies with a market capitalization of \$200 million to \$1 billion. The S&P SmallCap 600 is designed to be an efficient portfolio of companies that meet specific inclusion criteria to ensure that they are investable and financially viable. For more information, please visit www.standardandpoors.com.

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.