

SECURITIES AND EXCHANGE COMMISSION

FORM 4

Statement of changes in beneficial ownership of securities

Filing Date: **2009-01-26** | Period of Report: **2009-01-24**
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REPORTING OWNER

WILBURN TYREE G

CIK: **1265216**

Type: **4** | Act: **34** | File No.: **001-09848** | Film No.: **09545938**

Business Address
9510 ORMSBY STATION
ROAD
SUITE 300
LOUISVILLE KY 40223
5025911000

ISSUER

ALMOST FAMILY INC

CIK: **799231** | IRS No.: **061153720** | State of Incorporation: **DE** | Fiscal Year End: **1231**
SIC: **8300** Social services

Mailing Address
9510 ORMSBY STATION
ROAD
SUITE 300
LOUISVILLE KY 40223

Business Address
9510 ORMSBY STATION
ROAD
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LOUISVILLE KY 40223
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person WILBURN TYREE G			2. Issuer Name and Ticker or Trading Symbol ALMOST FAMILY INC [AFAM]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/24/2009					
9510 ORMSBY STATION ROAD, SUITE 300			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person <input type="checkbox"/> Form Filed by More than One Reporting Person		
(Street) LOUISVILLE, KY 40223								
(City)	(State)	(Zip)						

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/24/2009		M		4,000	A	\$1.3125	24,000	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Option (L)	\$1.3125	01/24/2009		M		3,000		01/25/2001	01/24/2009	Common Stock	3,000	(L)	0	D	
Option (L)	\$1.3125	01/24/2009		M		1,000		01/25/2002	01/24/2009	Common Stock	1,000	(L)	0	D	
Option (L)	\$2.125							08/05/2001	02/05/2011	Common Stock	3,000		3,000	D	
Option (L)	\$2.125							02/05/2002	02/05/2011	Common Stock	3,000		3,000	D	

Option ⁽¹⁾	\$2.125						02/05/2003	02/05/2011	Common Stock	3,000		3,000	D	
Option ⁽¹⁾	\$2.125						02/05/2004	02/05/2011	Common Stock	3,000		3,000	D	
Non-Employee Director Stock Option (right to buy) ⁽³⁾	\$19.4						⁽²⁾	02/11/2017	Common Stock	4,500		4,500	D	

Explanation of Responses:

1. Granted pursuant to the Company's Non-Employee Director Stock Option Plan.
2. The option becomes exercisable in four equal annual installments beginning on the first anniversary of the date of grant.
3. Granted pursuant to the Amended and Restated 2000 Stock Option Plan

Signatures

/s/ Tyree G. Wilburn

** Signature of Reporting Person

01/26/2009

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.