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Advocat Announces Preliminary Results of Shareholder Vote

Shareholders Support Managements Board Nominees

BRENTWOOD, Tenn., (May 29, 2009) – Advocat Inc. (NASDAQ: AVCA) today announced preliminary voting results from its Annual Meeting of Shareholders held on May 29, 2009.

The preliminary report received from IVS Associates, Inc. an independent inspector of elections, indicates that the two nominees of the Advocat Board of Directors, William R. Council, III, and Richard M. Brame, were re-elected by a substantial majority of the votes cast. A dissident shareholder had proposed two alternative nominees. According to the preliminary report, Mr. Council and Mr. Brame each received approximately 2,835,000 votes while the two dissident nominees each received approximately 975,000 votes. IVS Associates expects to certify the final results within the next few weeks.

Advocat provides long term care services to patients in 50 skilled nursing centers containing 5,773 licensed nursing beds, primarily in the Southeast and Southwest. For additional information about the Company, visit Advocat's web site: <http://www.irinfo.com/avc>.

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