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**Disability pension and everyday life: a period of transition and subjective aspects of future occupational life**

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Introduction: In Sweden, the number of people who benefit a disability pension has increased dramatically during the last decade.

Objectives: The purpose of this study was to explore the daily life situations of people with disability pension and their expectations of future occupational life.

Description: With a purposeful sample 14 men and women were interviewed. Ten people with full-time disability pension and four people with partial disability pension working part time participated.

Results: Analyses revealed three themes: striving to handle the situation, modifying to remaining capacity and future occupational life expectations. Leaving the work market portrayed a period of uncomfortable feelings as early retirees. Structures for participation and performance came to designate a balanced everyday life.

Conclusion: In conclusion, the informants with full-time disability pension found new understanding for having a disability pension. The informants with partial disability pension; their future perspective was the role as a worker.

Contribution to the practice: This study demonstrated that being employed could substitute one factor that would promote a future work carrier. Another likely factor related to work capacity worth considering was the need for balanced routines between paid work and domestic work. In occupational therapy, this knowledge could be useful creating rehabilitation programmes focusing on balancing everyday activities.