

Tech Tips for Seniors

Speed Up Your Macintosh

Press the back arrow < to return to the menu.

When computers get old, they are just like people. They slow down.

Speeding up your computer is just as easy as popping an Advil or Tylenol. Here are a few things to do, if you own an Apple Macintosh:

Check the Hard Drive Storage Space

- Check your hard drive space by clicking the the Apple icon in the top-left corner and then selecting "About this Mac".

- Next, scroll over to the "Storage" section and wait for it to calculate how much space you're using. If it's almost full, click the "Manage" button in the top-right corner.
- This will open a new window with many tools for clearing out space on your hard drive, as well as readings on how much space every application, document, and more is taking up.
- You could also use an external hard drive or subscribe to a “cloud” storage company to place your seldom-used files. That also ensures that your photos and other files are protected if your computer glitches or dies. See the related article in the Table of Contents.

Update the Operating System

- If your Mac is running macOS High Sierra or earlier, you should update your

operating system through the App Store; if you're running macOS Mojave or later, you should update through System Preferences.

- You can also check for system updates by going to the Apple icon in the top left corner and select "About this Mac" and then clicking "Check for updates."

Reduce the Number of Apps that Automatically Open at Login

- Reduce the number of seldom-used app shortcuts that appear at the bottom of your screen. Just drag those shortcut icons to the trash. The original apps remain on your computer.
- Go to the Apple icon in the upper left corner of your screen and select "System Preferences," then choose "Users and Groups."
- Next, toggle over to "Login Items" and check the "hide" box next to the apps you

don't want to launch each time you turn on or restart your Mac.

- You may have to go into the settings of individual apps and disable the auto-launch with restart function.

Finally, you should **routinely clear your website browsing history**. For information about that, see the related article in the Table of Contents.

Article last updated: 8/28/20

If you have questions about any of this, feel free to make a “Technology Tips” appointment on Tuesday mornings at Generations, when the center opens. Just call the main number: 215-723-5841.

Press the back arrow < to return to the menu.

