PRESERVE YOUR PRECIOUS MEMORIES .

Quite often I hear from seniors who say my computer or device has stopped working and I need to retrieve a photo or document. Let's face it nothing lasts forever and eventually computers get slower as they age, parts wear out, and you may be faced with loosing everything.

IT professionals may make the process of backing up data sound complicated and hard using terms we don't quite understand but it doesn't have to be this way. Some of the terms are "imaging", "file backup", "disk cloning", "file syncing", and "scheduling options".

Imaging

A snapshot of the entire system to a separate piece of hardware.

File Backup

A backup of the individual files on your system.

Disk Cloning

Allows you to copy an internal disk drive to a new hard drive which can be fitted to your computer it includes all your settings and software

File Syncing

Automatically copies files from one location to another and is set to keep the newest version.

Scheduling Options

The automation of the backup process so you can set and let it run regularly at a specific time and day.

There are off-the-shelf options such as Seagate "Expansion Drive" and Western Digital "My Passport" which are "plug and play" once you plug the device in to your computer it will automatically set up and guide you through the process. The process on the screen will prompt you to choose what you want to back up, and when and will run in the background. You will need some idea of the amount of data you are going to back up, as a general rule an entry level three terabyte device will be more than ample for all your photos and files.

While all this may seem simple and easy it pays to check the backupfrom time to time and make sure it is working. This is the cheaper option however it does have limitations and if your house burns down well there goes all your hard work.

Cloud services (over the internet) in most cases will give you limited free storage space but once you reach your limit you then pay a monthly fee. The upside of this method is you can access your data away from home just by signing into the service the downside being your data is only safe when you continue to pay for the service. The common options are Dropbox, OneDrive, Google and iCloud. Keep in mind cloud services use internet data which comes out of the allowance of the plan you have with your internet service provider, and while files are transferring to the cloud site you may experience a slow down of the internet speed.

Here is a rough example of how much space data takes on your system.

a 16mp photo is around 5mb, 1 gigabyte = 1000 mb in rough terms =200 pictures to the gig

1 terabyte = 1000gb 200,000 pictures to the terabyte.

When looking at backup solutions look at what your device capacity is eg a laptop may now have a 500gb hard drive, so 3 terabytes should suffice for the backup now and into the future.

HEALTHY LIVING TOOLS & RESOURCES

Technology can help us to LiveLighter and there are plenty of tools and resources on the LiveLighter website to check out.

https://livelighter.com.au/Tools-and-Resources

COVID-19 RESOURCES FOR SENIORS

FROM THE DEPARTMENT OF COMMUNITIES

There are things that you can do to help keep yourself and your loved ones safe, supported and connected during the coronavirus (COVID-19) pandemic.

Visit **www.communities.wa.gov.au/seniors-covid-19** for information on supports and services for older Western Australians or call the National COVID Older Persons Information Line on

1800 171 866

(Monday to Friday, 8.30am–5pm AEST).

Government of **Western Australia**
Department of **Communities**

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